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The Signal



Friday, February 13, 2004

Published for the Department of Defense and the Fort Gordon community

Vol. 24, No. 6

News UPDATE

63rd, 235th return

There is a homecoming ceremony for the 63rd Signal Battalion, and an element of the 235th Signal Company, 56th Signal Battalion, at 3 p.m. Friday in Alexander Hall.

The 63rd and 235th deployed in 2003 as part of Operation Iraqi Freedom where they provided voice, video, data, and satellite services to customers at various bases throughout the Central Command Area.

Circus in town

The Royal Hanneford Circus will be at Fort Gordon's Barton Field Feb. 26-29.

Showtimes are Feb. 26-27, 4:30 and 7:30 p.m.; Feb. 28, 10:30 a.m., 2 and 7 p.m.; and Feb. 29, 2 and 4:30 p.m.

Tickets are \$10 for ages 13 and over, \$5 for ages 3-12, and free for children under 3. Tickets can be purchased at the Big Top entrance, Fort Gordon Credit Union and Fort Gordon Dinner Theatre.

Gate 1 construction

Construction at Gate 1 is ongoing.

During construction the gate will remain open, but the traffic flow will be restricted at times. Some of the lanes will be blocked to allow for installation of force protection enhancements. Due to the restricted lane flow, personnel who normally use Gate 1 are strongly encouraged to use Gates 2, 3 and 5 during the construction.

The construction of a visitors center and vehicle registration building at the gate will help Fort Gordon meet the Department of Defense requirements for access control to the post.

For information call the Installation Operations Center at 791-9747.

Town Hall meeting

There is a Town Hall meeting for all TRADOC and garrison command civilian employees only (appropriated and non-appropriated fund) from 1-2:30 p.m. Feb. 24 in Alexander Hall. For information, call 791-4565.

Tech show

The annual Georgia Information Technology Show is 10 a.m. to 2 p.m. Feb. 24 at the Gordon Club. The event is free to all personnel.

Major technology companies will demonstrate the latest, fastest and "best of show" computers, related hardware and accessories.

For more information call (888)282-2262, e-mail info@atc-expo.com or go to www.atc-expo.com/shows.

Culture used to enlighten youth

Pvt. Armando Monroig
Signal staff

Good Neighboring Korean Day was held Friday at Alexander Hall from 9 a.m. to noon, with members of the Youth Challenge Academy attending.

The event was held as a way to educate the YCA cadets on the Korean culture and send them a message: take advantage of opportunities.

The Youth Challenge Academy program is a structured, quasi-military training and mentoring program for at-risk youth that develops the life skills, educational levels and employment potential of high-school students no longer enrolled in a traditional school.

The event consisted of opening remarks by retired Lt. Col. Janet Zimmerman, director of the Youth Challenge Academy on post, who introduced one of the speakers at the event, Sunny Park, commissioner of the White House initiative on Asian Americans and Pacific Islanders.

Throughout Park's speech, he showed the audience videos and photos of Korea and talked about the Korean culture, touching on the impact the United States has had on Korea and how Korean Americans have impacted the United States.

"This country has been so good to me," said Park. "I came here 30 years ago and so many people help me."

He is a formation of many people's good advice, said Park and now hopes to do the same for the young cadets in attendance.

"I want to help this country," said Park. "So, I try to invest in young people."



Photo by Pvt. Armando Monroig

Students from the Tae-Guek-Won Martial Art Academy in Martinez break boards while demonstrating different kicking techniques during their Tae Kwon Do performance at the Korean Day event held at Alexander Hall Friday.

He said he hopes to instill in young people's minds a belief in themselves that they can achieve success, just as he has found success in his life through sheer hard work and determination with a little help from others along the way.

After Park spoke to the YCA cadets, he introduced the guest speaker, Jean Ellis, filling in for her husband Gen. Larry Ellis, commanding general of U.S. Army Forces Command, who was unable to attend the event.

Ellis spoke to the audience about her life, touching on the military, her travels around the world as a military wife and lessons she learned throughout her life.

Korea, being one of the many places she has lived, was

a big focus of her speech to the cadets, reiterating some of the points Park had made earlier.

She emphasized what it takes to become a successful person, citing her husband as a good example of what they could become with work hard, staying focused and making a commitment to oneself.

Ellis also pointed out those same attributes about Koreans, adding that she saw firsthand how they turned around their economy by working together.

"The message I was trying to send to them (the cadets) was that they have an opportunity," said Ellis, "and what was shared with them are those keys to success."

She wanted them to under-

stand they need to set goals for themselves, and that by being involved with YCA they were heading in the right direction and were doing just that.

"I think there was a real positive feeling here with the cadets," said Ellis. "I think they understand they have been given an opportunity and that this special event today shows there's great support for them."

After Ellis finished speaking, there was a question and answer period, giving the cadets a chance to interact with the guest speaker.

Following the question and answer period and a short video on the martial art of Tae Kwon Do, students from the Tae-Guek-Won Martial Art Acad-

emy in Martinez performed a Tae Kwon Do demonstration for the audience.

Some of the cadets present shared their thoughts on the event.

"I think it was terrific," said cadet Pvt. Ricky Mack. "It's something I've never seen before. It's new to me."

Fellow YCA cadet Pfc. Danielle Gaines agreed with Mack.

"I thought it was really good," she said of the Tae Kwon Do demonstration. "It made me want to do something like that."

She said the Korean Day experience was a good one because it gave her the opportunity to enjoy something new.

Fisher House waives fees for injured servicemember's families

Denise Allen
Signal staff

Before Pfc. Trueman Muhrer-Irwin left for the Middle East a year ago, his mother, Laura Irwin, bought him a map of Baghdad.

"I didn't even know I'd be in Baghdad," said Muhrer-Irwin.



Photo by Denise Allen

Pfc. Trueman Muhrer-Irwin (left) was injured in Baghdad Nov. 12. He has been receiving treatment at Eisenhower Army Medical Center for injuries to his foot. The Fisher House is allowing families of those injured in the theater of operations, such as his mother Laura Irwin, to stay at Fisher House free.

See Fisher House, page 2A

Hospital changes pharmacy policy

Jennifer Chipman
EAMC Public Affairs Officer

In ongoing efforts to increase access to patient care, the Eisenhower Army Medical Center Pharmacy is making important changes in the way it does business.

Beginning Jan. 1, the EAMC mandatory call-in program went into effect.

"In response to the needs of the military community and Army Family Advocacy Program here at Fort Gordon, our pharmacy has started taking steps to decrease the waiting times in the outpatient pharmacy," said Maj. Keith Wagner, assistant chief of the pharmacy.

"Our beneficiaries now must use one of the three ways available to refill their medications," said Wagner.

Beneficiaries who need their prescriptions refilled must call them in at 787-1710, use the DDEAMC web-site refill page, or use the PX mail-in prescription refill request form available at the main and PX refill pharmacies. The pharmacy is no longer accepting walk in refill requests.

"We have implemented this program to help decrease the time our customers have to wait for their medications at the main

outpatient pharmacy," said Lt. Col. Don Goode, chief of the pharmacy. "This adds up to over 70,000 prescriptions a month."

"Eisenhower's pharmacy is the fourth busiest pharmacy in the Army," said Goode. "Five to six prescriptions per minute are filled here every hour we are open for business."

Prescriptions called in or entered into the refill web site before 10 a.m. will be ready for pick up after 10 a.m. the next morning. Both methods afford the customer the option of picking up their medicine at the medical center or at the PX pharmacy. The pharmacy staff is encouraging anyone who needs a prescription refilled to choose the PX pharmacy as the site to pick up their medications.

According to Maj. Keith Wagner, all refill prescriptions are filled at the PX pharmacy. If a patient requests to pick up their medications at the EAMC pharmacy, the staff will transport refills there for pick up.

Those with an appointment at Eisenhower may pick up refills at the same time by calling in refills before 10 a.m. the day before the appointment.

See Refills, page 3A

Students get Signal lesson

Denise Allen
Signal staff

Some Evans Middle School students had their education augmented at Fort Gordon Tuesday at the Signal Corps Museum.

Teri Seader's gifted sixth grade social studies class got a combined lesson in Germany's history, World War II, the Cold War and the fall of the Berlin Wall, plus some history on the Signal Corps including a demonstration of wigwag flags.

German liaison officer Lt. Col. Rainer Schwiebert presented the lecture on Germany, while Mike Rodgers of the Signal Corps Museum gave the presentation on the Signal Corps.

Seader said this was the second year she had brought her sixth graders to Fort Gordon.

"Last year, when they came back from this, they never stopped talking about it," she said.

Students made their own Signal flags and sent messages to each other.

"It's just been wonderful for their education," she said.

She said she plans to do some of the same things with this year's group of students.

One of their assignments was to think about what it would have been like to have



Photo by Denise Allen

Mike Rodgers, exhibits manager at the Signal Corps Museum, shows a wigwag flag to Matthew Breithaupt, Ally Panzella (middle) and Aja Hoeller (front) during a field trip to the museum Tuesday.

lived in Germany during the Cold War.

Schwiebert told the students that although the eastern part of Germany during the Cold War was named the German Democratic Republic, it was anything but democratic.

With only one political

party, East Germany was communist, he said.

Student Matthew Breithaupt, who hadn't yet been born when the Berlin Wall fell in 1989, said they had learned about the Berlin Wall in class and how the people must have felt when it was torn down.

He was surprised to learn there was a piece of that wall on display in the museum.

Seader said Fort Gordon is an excellent resource.

"One of my main goals is that people can understand the positive impact Fort Gordon has on the educational system," she said.

Preparing military, civilian leaders

Special to the Signal

Today, more than ever, civilian and military leaders and managers must be prepared for today's business world.

The Army Management Staff College, located on Fort Belvoir, Va., provides professional programs that can develop leaders who take pride in knowing their business. It prepares the next generation of leaders to guide the Army's sustaining base organizations and programs – that is, anything that gets Soldiers and their supplies and equipment to the battlefield; sustains them while

they are there; gets them home again after the conflict has ended; and ensures the self-sufficiency of their families while they are away.

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To be eligible to attend AMSC's SBLM program, civilian nominees must: be serving in grades GS-12 through GS-14 (GS-11s and GS-15s by exception) or equivalent

NAF grades who are, or are destined to be, in sustaining base leadership positions; have a career conditional appointment or career status, serve in schedule A excepted appointments without time limitations, or serve under an excepted service appointment in the Defense Civilian Intelligence Personnel System; be serving in or have potential for advancement to leadership positions.

Army officers, major and lieutenant colonel, military education level 4, warrant officers, or sergeants major and command sergeants major inter-

ested in attending AMSC should contact their career branch assignment officer.

AMSC is the Army's premier management college for Army leaders, both civilian and military.

To learn more about AMSC's programs and services, attend the briefing scheduled at 1:30 p.m. March 5 in Alexander Hall.

For information, call Carla Baucom at 791-3956.

Intelligence 'not a perfect art'

Kathleen Rhem
American Forces Press Service

WASHINGTON – Intelligence is not a perfect art or science, the nation's top military leader said here Tuesday. Still, he said, he remains confident that members of the intelligence community are "trying to do the best work they can for this country of ours."

Air Force Gen. Richard B. Myers, chairman of the Joint Chiefs of Staff, said during a Pentagon briefing that the nation's policy makers learn a lot from both intelligence successes and failures.

"(Intelligence agencies) have had great success, and they have sometimes missed the mark; that's the nature of their business," Myers said. "You will never make the baseball all-star team in the intelligence business."

Defense Secretary Donald H. Rumsfeld agreed. He said he and Myers often feel they make decisions with imperfect intelligence information, but that it's their job to make decisions based on the best information available.

That's why organizations conduct lessons-learned reviews, Rumsfeld said. He cited the special commission President Bush formed Feb. 6 to look into intelligence failures and successes leading up to Operation Iraqi Freedom as a good opportunity to glean lessons learned.

He said such commissions have the luxury of concentrating on a specific issue, and often come to conclusions policy makers and advisers

couldn't see. Senior officials are "drinking out of a fire hose," Rumsfeld said, explaining they're often inundated with competing priorities.

Attackers don't need to be perfect, Rumsfeld said. They only need to be "effective or lucky once in a while, and they can make a dent."

For defenders it's another story. One slip can lead to tragedy. "It's impossible to defend in every location against every conceivable kind of attack at every time of the day or night. It is not possible," the secretary said. "Therefore, the only way it can be done is to go after the people who are doing it, and to find them and to capture or kill them," he added.

When asked if he'd view intelligence information more cautiously in the future, Rumsfeld explained he's cautious normally – particularly when lives are at risk.

"You just don't do that lightly," he said. "I began in this job cautious; I remain cautious and careful about it."

However, he added, he's also realistic. Rumsfeld noted the intelligence leading up to Operation Iraqi Freedom had been relatively consistent from several sources across many years.

"The task is, if ... you're going to be faced with imperfect knowledge, which you are, and you're faced with increasingly lethal threats, where is the threshold?" he asked. "How do you deal with that? And that's something that this country and other countries and societies are going to have to deal with."

Fisher House

From page 1A

reduction of fees according to income.

Fisher House at Fort Gordon has very little money coming in right now except for the money it receives through donations from the Combined Federal Campaign, according to Diana Plowman, a Fisher House volunteer.

To offset some of the shortfall, the Eisenhower Health Services auxiliary will be sponsoring its Eighth Annual Golf Tournament Extravaganza to raise money for the Fisher House. The tournament starts at 1 p.m. March 26 at the Gor-

don Lakes Golf Course. Entry fees are \$50 per player or \$200 per team.

Plowman said she hopes a minimum of \$10,000 will be generated by the tournament.

Milton Reuben Chevrolet has donated a new car for the person who hits a hole in one. Other prizes include a new motorcycle and a set of golf clubs.

Also, for those who don't like to play golf, donations to the Fisher House will be accepted.

Plowman said checks must specifically state the donation

is for the Fort Gordon Fisher House or the money will be placed in a general Fisher House fund and may end up at another location.

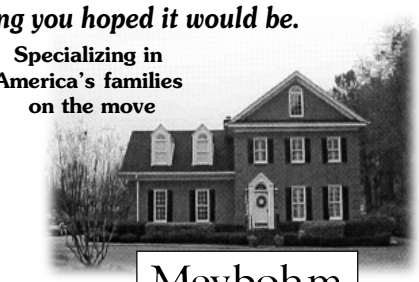
Tournament registration deadline is March 22. In case of bad weather, the tournament will be rescheduled April 16.

For tournament information, call 787-2621, 860-5029 or 790-9025.

Entry forms are available at the Fort Gordon Fisher House, Gordon Lakes Golf Club, EAMC Safety Office, room 3E 16H, or the EAMC DCA office, Room 4B-09.

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Pvt. Armando Monroig
Signal staff

Getting into debt with credit cards is an easy trap to stumble into; especially considering the powerful temptation credit cards provide. The lure of instant gratification — making a purchase immediately instead of saving for it — can prove too strong for many, especially young servicemembers who may be on their own for the first time.

Others may experience credit problems due to injury, getting laid off, or simply poor money management skills.

Whatever the reason, there are dozens of unscrupulous agencies preying upon already vulnerable individuals. These agencies often claim to “repair” credit for those seeking help.

Lanny Valentine, consumer affairs specialist for Army Community Service, said credit repair is illegal in Georgia.

“When it comes down to it, there is nobody that can remove accurate derogatory information from your credit report,” he said. “These companies use all kinds of different tactics to

try to do that.”

Valentine said they are occasionally successful, but they don’t do anything that a person can’t do for themselves for free, adding that at times they use illegal tactics.

“A great many of them have been caught doing things that are blatantly illegal, against federal law and end up getting the consumer in trouble along with themselves,” he said.

John Linney, a legal assistance attorney at the Judge Advocate General legal assistance office, explained that many of these credit repair companies use parcel services other than the U.S. Postal Service in order to avoid mail fraud charges.

He added many credit repair scams involve companies asking for a significant amount of money up front before any work is done.

He said some unsuspecting individuals who fall for these scams send as much as \$500 and get nothing in return, or get a book or pamphlet sent in the mail telling them what to do.

“If it’s too good to be true, it is,” said Linney of all con-

sumer fraud transactions.

Valentine said these companies try to go around the law in order to correct a person’s credit.

“They’re not actually correcting the person’s credit, they’re trying to get them somebody else’s credit,” he said.

The only thing that can take accurate information off somebody’s credit report is time, said Valentine. He said the general rule is accurate derogatory credit information stays on for seven years from the date of the last activity on the account.

Valentine said everyone is targeted by the fraudulent activity of credit repair, with the scams now moving to the Internet.

Linney said if consumers want to get an idea what credit repair scams are all about, all they have to do is go on-line and type credit repair in a search engine and will find a long list of them.

In addition to credit repair scams on-line, some attorneys complicate the matter with misleading consumers by advertis-

ing chapter 13 bankruptcies as credit repair, Valentine said.

“People tend to get desperate and do things they wouldn’t normally do,” Valentine said.

Linney echoed the sentiment.

“Our country has become so addicted to credit, that people will do anything in order to protect their credit report,” said Linney. “When people became that desperate for credit, it became an opportunity for scammers.”

Typically, many credit repair scams are wrapped up in other scams such as identity theft, Valentine added.

Valentine said credit repair companies use the identity of a person who has good credit or no credit, and give it to an individual trying to repair theirs.

Another tactic used by these scammers is getting a tax identification number from the Internal Revenue Service and using it to apply for credit.

“It’s a blatant violation of federal law,” he said. “They are really setting consumers up for a big fall.”

See Credit, page 12A



Photo by Spc. Leslie Pearson

Taking command

Cast members from the Davidson Fine Arts High School drama department in Augusta perform the choreopoem *For Colored Girls Who Have Considered Suicide When the Rainbow Is Enuf* at Alexander Hall Tuesday. The play was a part of Fort Gordon’s African American/Black History Month Command Program.

Refills

From page 1A

As with pharmacies across the country, Eisenhower is also feeling the crunch of the pharmacist shortage.

“With this shortage and the sheer volume of prescriptions we handle every day, our wait times have increased,” said Wagner. “However, patient safety must remain our number one priority with 100 percent accuracy when dispensing medications.”

Every prescription leaving both pharmacy locations is screened by a pharmacist for possible clinical interactions, drug duplications, proper dosing and instructions for use and

to ensure the correct medicine is being dispensed.

“Not accepting walk-in refill prescription requests after Dec. 30 has put us in a better position to increase access to patient care and make our customers’ wait times shorter, while ensuring they receive the medications they need in the safest way possible,” said Goode. “We are asking our patients to help us to serve them better.”

For more information about the new mandatory call in refill program, call Wagner at 787-2208. For questions about the pharmacy, call 787-7010.



Photo by Staff Sgt. Michelle Sweetman

And they danced

Eleven servicemembers from the Basic Noncommissioned Officer Course 74B001-04 volunteered free time Friday evening dancing and socializing with individuals at the Senior Adult Valentine’s Ball. The annual event, sponsored by the Augusta Recreation and Parks Department, was held at Julian Smith Casino. Pictured above is Staff Sgt. Joseph Clarke, socializing with one of the 50 individuals that attended the ball.

Benjamin E. Pierce III
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Tax changes: What's new for 2003 returns

Augusta, GA – Changes in tax laws will affect how many families file their 2003 tax returns.

The child tax credit and the child and dependent care credit amounts have increased. Also there's some relief for those who have suffered from the "marriage penalty." Lower income families who qualify for the earned income tax credit can take advantage of increased income and credit amounts. Adoption credit amounts have also increased.

"The child tax credit increase has been a confusing issue for many taxpayers this year. We hope to provide a better understanding of how this new change will affect American families filing their 2003 returns," said John Hewitt, CEO of Liberty Tax Service.

The child tax credit increased to \$1,000 per child for 2003, and 25 million taxpayers received an advance child tax credit check during the summer of 2003.

When filing a 2003 tax return, those who received checks must reduce the credit amount they claim on their return by the amount of the check received. Also, taxpayers should have received IRS Notice 1319 containing information about the advance payment.

The limit on the amount of qualifying expenses for the child and dependent care has also increased. Qualified expenses may be allowed for up to \$3,000 for one eligible individual (\$6,000 for two or more).

The standard deduction is now \$9,500 for married filing jointly, twice the single standard deduction of \$4,750.

Members of the armed forces, National Guard and Reserves may be able to take advantage of these changes:

- **Exclusion of Sec. 132 payments from income** - These are payments issued through the Defense Department's Homeowner Assistance Program to Armed Forces and some Defense Department employees due to qualified military base realignment or closure. This provision is effective on or after Nov. 11, 2003.

- **Travel, meals and lodging for National Guard and Reservists** - An above-the-line deduction for non-reimbursed overnight travel, meals, and lodging expenses of National Guard and Reserve members who must travel more than 100 miles from home to fulfill their military obligations.

- **Sale of a home** - Generally, a homeowner must live in their primary residence two of the last five years to avoid paying taxes on the first \$250,000 of profits if they are single, or \$500,000 if they are married. This period is extended for up to 10 years for an individual or individual's spouse who is on qualified official extended duty as a member of the uniformed services or the Foreign Service of the United States. This is in effect for home sales after May 6, 1997, even though the tax year in question is otherwise closed for refund purposes. Affected military taxpayers have until Nov. 11 to file for a refund. (From a Liberty Tax Service information release.)

Preston delivers "sergeant's time" message, stresses safety, ethos

Spec. Lorie Jewell
Army News Service

WASHINGTON – In his first few weeks as the Army's top enlisted Soldier, Sgt. Maj. of the Army Ken Preston said he's getting a crash course on the "big picture" Army while zeroing in on key issues he'll focus on.

"Right now, I need to understand a little bit of everything across the board," Preston said during his first *Sergeant's Time* interview as sergeant major of the Army with Soldiers Radio and Television. "The Army staff is doing a wonderful job in getting me smart. Once they finish, I'll really start focusing on a couple things I can make a difference on over the course of the next three or four years."

Safety is one of those issues. With a mandate from the secretary of defense to reduce the accident rate by 50 percent, Preston plans to spearhead plenty of dialogue about the subject. So far this quarter, 79 Soldiers have died in accidents – 20 more than the first quarter of fiscal year 2003, Preston said. From fiscal years 2001 to 2003, the number of accidental deaths in the Army jumped from 168 to 255, according to the U.S. Army Safety Center at Fort Rucker, Ala.

"It's about not becoming complacent," Preston said. "It's ensuring Soldiers out there follow procedures established in policies, regulations, operating manuals."

Sergeants have a responsibility for enforcing the standards, for making sure Soldiers aren't taking short cuts

or taking things for granted, he added.

Preston acknowledged that the current fast-paced operations tempo plays a role in the accident rate, but stressed he believes awareness can make a difference.

"We have 325,000 soldiers in more than 120 countries across world, and eight divisions in transition. The operations tempo is much higher, but nevertheless when a soldier dies because of accident, particularly when it could be prevented, it's a tragedy," Preston said. "I really think that the more we focus on it and the more we talk about it, even with the current pace of operations, we can reduce the rate."

The Army's most pressing priority at the moment is the global war on terrorism and upcoming troop movements into and out of theaters, Preston said. But leaders are also focused on concurrent goals, such as transitioning from a current to future force that remains relevant and ready, he added.

"As the Army changes and evolves, so must other things," Preston said. "One of the things I want to look at is the future of the non-commissioned officer education system. It needs to evolve to take into consideration the modern battlefield we're currently on."

The Army's current design and organization was for the cold war-era fight, for a time when the good guys were at one end of the battlefield, the bad guys at the other, and they met in the middle for a "clash of the Titans" type battle, Preston explained.

"It is truly now a 360-degree battlefield," he said.

Training centers like NTC in California and JRTC in Louisiana are evolving to incorporate the lessons Soldiers are learning in Afghanistan and Iraq, Preston added. Emphasizing the Warrior's Ethos is another way of mentally preparing Sol-

diers for the new battlefield.

"The Warrior's Ethos is what quantifies what Soldiers are about today," Preston said. "If you look at what's going on in Iraq, all Soldiers there are warriors. The mentality that every Soldier is a rifleman first is so, so important."

Balancing the force is another way of better preparing for the new battlefield. Preston said the Army's 100 artillery battalions were designed, again, for the cold war era. That number will be pared down, while other units in heavy demand – military police, for instance – will be increased. The current 33 brigade combat teams will be refigured into 48 brigade units of action, he said.

Such changes will not only make the Army more modular and better able to quickly deploy, but will offer Soldiers more predictability in when they'll deploy, Preston said.

Preston will be testifying

before Congress in the near future, giving a state of the Army address from the enlisted Soldier's point of view.

"They want to know what Soldiers think when the rubber meets the road," he said.

One of the most frequent questions Preston fields has to do with morale. He said he answers based on what he knows, which comes from his interaction with Soldiers in Iraq. Preston believes morale is high across the Army. When he talks to Soldiers there, he shares his belief that a year from now, they will all be proud of their accomplishments in Iraq.

"The greatest gift you can give any human being is the gift of freedom," Preston said.

Sergeant's Time with Preston will air on SRTV Feb. 17. He will return for future talks on the show, with Soldiers encouraged to e-mail Preston questions. The address is: smaweb@hqda.army.mil.

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Photo by Laura West

Valentine wishes

Students at Freedom Park Elementary showed their appreciation for veterans by creating Valentines for them. Here, a group of pre-kindergarten students show off their finished product. The Valentines were sent to the Veterans Administration hospital on Wrightsboro Road.

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Viewpoint

Information, Opinions, and Commentary

Force Stabilization initiative to increase readiness, predictability

Joe Burtas

Army News Service

While the primary goal of stabilizing Soldiers is to increase the readiness of their units for national security requirements, that stabilization also supports Well-Being for Soldiers and their family members, according to officials.

Force Stabilization is one of the 16 focus areas Army Chief of Staff Gen. Peter Schoomaker identified last fall that the Army will work to remain ready and relevant in the near term and the future.

"We think by stabilizing the Army, where we don't move the Army every two to three years on an individual basis, but we keep people in place, develop cohesive, stable units, where spouses can work, where kids can go to school, where people can invest in homes and develop equity, stabilizes forces," Schoomaker told members of the House Armed Services Committee, Jan. 28. "It's better for the fighting forces. And, it will increase our retention."

To stabilize Soldiers and their

families in the near term, the Army plans to implement two strategies — Home-basing and Unit Focused Stability, said Col. Paul Thornton who has been working the issue for the past 17 months as a member of the Unit Manning Task Force and chief of its successor, Task Force Stabilization.

Under Home-basing, all initial entry Soldiers — enlisted and officers — initially assigned to selected installations will remain on their initial duty-assignment installation following training for six to seven years. This allows Soldiers and their families time to grow community roots and have a known family support structure in place for those families if the Soldiers deploy, Thornton said. It also allows predictability in where they will be for a longer period than the current system permits, he said.

Currently, the average assignment tour length for enlisted initial entry Soldiers is about 31 months, said Brig. Gen. Sean Byrne, director of Military Personnel Policy, G-1.

Home-basing does not apply to midterm or career Soldiers, only initial entry Soldiers, Thornton said,

but should lead to return assignments to the Home-base for all Soldiers eventually. Nor does the initiative stop Home-based Soldiers being levied for a short-term assignments at other locations.

Soldiers need to know that there may be a chance they'll have to do other things during their initial extended tour — short tours in Korea, Bosnia, Kosovo — but with Home-basing, they will return to their initial-assignment installations, Byrne said.

The six-to-seven-year career mark for ending home-basing was established because that is the point where the Army's manning needs outside of tactical units significantly increases, Thornton said.

"It's the point where that initial entry officer has made captain, completed a company command, and the Army may need that officer as a Pentagon staff officer, an instructor at the schoolhouse, or to complete advanced civilian schooling," Thornton said. "The enlisted Soldier will have likely made sergeant by that time and is ready for assignment as a recruiter, drill sergeant or an instructor."

Leader development training, such as basic and advanced non-commissioned officer course, and the captain's career course should not be impacted by Home-basing, as Soldiers will be sent to that training on temporary duty and then return to the installation.

Home-basing is set to start at selected Forces Command installations with divisional brigade combat teams sometime in the fourth quarter of the current fiscal year. It will eventually include most FORSCOM bases in the United States and may include some combined FORSCOM / Training and Doctrine Command posts, Byrne said.

Under the second initiative, Unit Focused Stability, all members of a unit initially arrive at the same time and are stabilized in that unit for three years.

"Optimally, if you want to build unit cohesion, you keep members of a team together through training, deployment and employment," Thornton said. "This is about building more capable warfighting units that require less train-up time when alerted for deployment."

The Army understands that losses occur to any unit due to medical, administrative, hardship or judicial issues, Thornton said, so there is a plan for an annual package of replacements who would remain with the unit through the remainder of the 36 month unit lifecycle. Individual replacements for key positions will be filled as required and requested by the unit, he said.

A key aspect to Unit Focused Stability is that the majority of these scheduled replacements joining the unit will be initial entry Soldiers.

"Let's say you need to replace a company commander due to a loss," Thornton said. "His replacement will come from within — somebody who has been with the unit at the start of the unit lifecycle, somebody like the company executive officer or one of the battalion staff officers. Then you take a senior platoon leader and backfill the position left vacant. The initial entry replacement comes in and then fills the empty platoon leader position. It works the same way on the enlisted side."

Recruiters have been armed with

See *Stabilization*, page 9

Commentary: Some Soldiers missed Super Bowl gala

Lt. Col. Andrew Straw

Army News Service

At kickoff, I was touching up the shine on my combat boots. I thought of calling my wife in Charlotte, N.C., but she had already gone across town to a Super Bowl party.

As I left Washington for the drive to the airfield, the first half was winding down and the score was still 0-0. I couldn't find the game on the car radio and forgot about football for the next 30 minutes.

I arrived at Davison Army Airfield to find the eight young Soldiers from the Honor Guard, also dressed in camouflage fatigues, sprawled out

in the small passenger lounge. They were ogling the halftime show on TV and wisecracking back and forth just like thousands of other groups of young guys across the country at that moment. I learned that the score was 14-10, Panthers behind.

The general arrived five minutes later, just as the pilot stepped in to say the aircraft was ready. Anita called from Charlotte on my cell just as I was walking out the door—"Can't talk, gotta go." On the TV behind me, play was just beginning for the second half.

The ten of us followed a sergeant through the darkness from the near-deserted terminal to the waiting helicopter. As we carefully tiptoed

across patches of ice on the apron, one of the Honor Guard soldiers whispered something about Janet Jackson.

Another Soldier beamed with adventure as he climbed in, "It reminds me of the first time I rode a tractor!" I was beaming too. It would be my first ride on an Army Black Hawk.

I was warned in advance that Black Hawks had no heaters, and had bundled up with two layers beneath my uniform. The night was clear. We flew to Delaware at low altitude over beautiful snow-covered scenery. We

See *Super Bowl*, page 9

Commentary: Declare 'war on accidents'

Bob Van Elsberg

Army News Service

Life may be unfair but death isn't — a fatal accident is an "equal-opportunity" killer. It doesn't care whether you're behind the wheel of a Humvee or a Honda; it will take you wherever it can.

I know. I have seen death many times during my 33 years in and around the military. Back in 1974 I waved goodbye on a Friday afternoon to a couple of friends as they left to go canoeing in Washington state. Within 24 hours they were both dead — victims of alcohol and the "I-am-bulletproof" syndrome that led both of them to shun life jackets.

The year before, I saw a pretty young woman dying on the road next to her car. There was nothing I could do to help her. There's an old saying that goes, "Die young and leave a handsome corpse." But believe me, there is nothing attractive in watching someone die.

Early in 2002 I interviewed the widow of an Air Force sergeant who'd gotten on the road drunk and hit a concrete barrier at 79 mph. Unbelted, he'd gone into the windshield and was declared brain dead the following day. He had a lot of bravado in his attitude about life. As I interviewed his widow, I sat there helplessly as she broke down in tears. They'd gotten married and bought a house barely two months before he died. When he ignored years of warnings against drinking and driving, he never thought about what it would do to the person who loved him most.

The problem with accidental

The problem with accidental death is that there's no 20-20 hindsight for those involved. There is only one destination—and death gives no paroles.

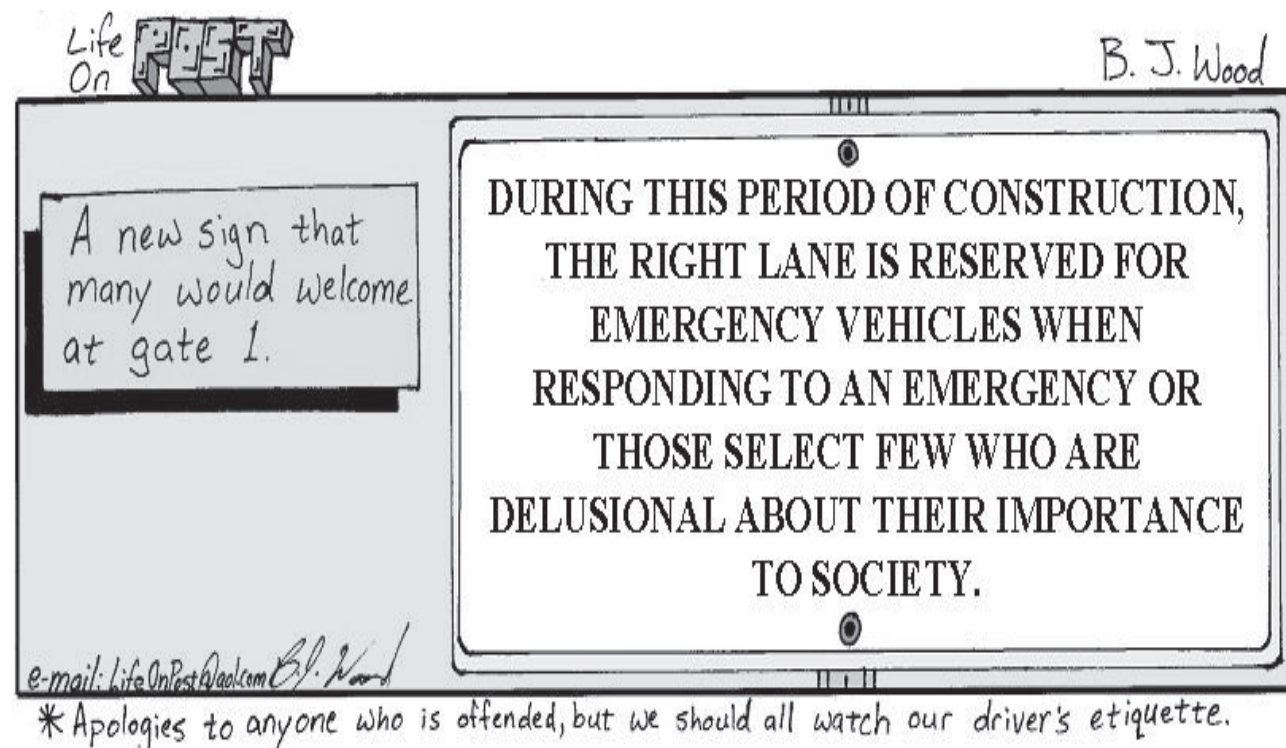
death is that there's no 20-20 hindsight for those involved. There's no going back and doing things differently because of lessons learned. There is only one destination—and death gives no paroles.

That's why declaring war on accidents is important, even as we fight this War on Terrorism. It hurts just as much to bury a loved one who died in an accident as one who died on the battlefield. Maybe, in reality, it hurts more. Death in combat is at least for a purpose. Death from an accident does little except to provide a sad example.

Boston, Baltimore, Baghdad—it doesn't matter where you are, you're on the front lines of this war. Your best piece of protective "armor" is risk management. Taking the time to identify risks, assess their severity, develop a plan to protect yourself, and then follow that plan can make you a victor in this war. Ignoring the risks and hoping in luck to get you through can quickly make you a victim.

Victor or victim — it's your choice.

Editor's note: Bob Van Elsberg is managing editor of "Countermeasure" magazine. Contact him at robert.vanelsberg@safetycenter.army.mil.



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Fun, family the driving force for Gordon's volunteer of the year

Staff Sgt. Stacy Wamble
Signal military editor

Helping others, having fun and spending time with her children are what motivate Fort Gordon's Volunteer of the Year for 2003.

Rae Lynn Guthrie, wife of the installation assistant commandant, Col. Michael Guthrie, won the title not by how much she did, but by the impact she made when she volunteered, according to Lynn Harshman, installation volunteer coordinator.

"We look at the impact made as opposed to the number of hours worked, as well as experience and marketable skills," she said. "It's nice to have a body, but are they making an impact. She makes a difference. She's always productive.

"Guthrie has been very involved. Not a day goes by that she's not involved in some capacity," said Harshman. "That's how she was reared that as a good neighbor, citizen this is what you do."

A somewhat flustered Guthrie says, "I am very honored to receive the award, and a little embarrassed because I don't like the attention."

To get Guthrie to accept the award, Harshman had to get Guthrie's husband, who is currently deployed to Iraq, to talk her into accepting it.

"She's very quiet, non-assuming," said Harshman. "She didn't want the recognition."

Guthrie volunteers "everywhere that sounds like fun." Among those fun activities are being the room mom for her child's third-grade class, helping with her other child's first-grade class activities, helping with costumes for her older daughter's plays, being chairperson for this past year's Christmas House which included doing the shopping, working with the Army Family Action Planning and Army Family Team Building, helping with the installation's Officer Wives Club activities, helping out with her children's sports activities, working with her church's 12-18 year-old youth program last year, this year working with the children and women's program at her church, and playing the organ at her church.

"I try to always get in the schools where my kids are and do stuff with their classes," she said.

As chairperson of Christmas House, Guthrie was responsible for ensuring a traditional winter holiday for more than 600 children. Guthrie did the majority of the shopping, filling 52 shopping carts according to Harshman, and ensuring each child received three toys.

Guthrie also spent nights and weekends arranging shelves, doing inventory and

fine-tuning shelves for Christmas House, according to Harshman.

"It was a huge undertaking," Harshman said.

But for Guthrie, this was all just "fun."

"I got to do all the shopping," said Guthrie excitedly. "Spending someone else's money is always fun."

A stay-at-home mom, Guthrie says she's very fortunate to spend time with her kids and to "have all this time to do all these fun things."

Guthrie volunteers "because, it's fun. I want to help. I want to know what my kids are doing and what's happening here on post."

Guthrie says little has changed with her volunteer efforts since her husband left, but she does "miss his help getting kids back and forth to places."

Her hobbies are needlework, sewing, painting, quilting, scrapbooking and playing with her children when she has time.



File photo

Rae Lynn Guthrie, here chatting with Santa at Christmas House, was named the Fort Gordon Volunteer of the Year for 2003. Guthrie received the award Dec. 11.

Drill sergeant named best in battalion

Special to The Signal

Staff Sgt. Kimberly Thompson, a drill sergeant with Company B, 73rd Ordnance Battalion, recently won top honors at the 2004 Drill Sergeant of the Year board for the 59th Ordnance Brigade.

The board was held at Redstone Arsenal, Ala. While the 73rd reports to the 15th Signal Brigade here, they also fall under the 59th Ordnance Brigade at Redstone.

Just getting to compete in the board was no small task. About 50 drill sergeants fall under the 59th, stationed at Redstone, Fort Gordon and Fort Sill, Okla.

Thompson was a prior Drill Sergeant of the Quarter and Drill Sergeant of the Year for the 73rd.

She took part in a formal board, physical fitness test, written tests, and demonstrated several drill and ceremony modules.

Thompson's best event was the APFT, where she bested all of the other drill sergeants.

For meeting the chal-

lenge, she was awarded the Drill Sergeant of the Year for 2004.

"The competition was fierce, but this was a great opportunity to meet and discuss what challenges the other drill sergeants face," Thompson said.

This is the second consecutive year that a B Co., 73rd drill sergeant has won this competition.



For her hard work and dedication, Thompson received an ARCOM from Col. Joyce Napier, 59th Ordnance Brigade commander. In addition she was awarded savings bonds, memberships in professional organizations and several coins.

Thompson will next compete for the title of TRADOC Drill Sergeant of the Year in June.

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Worship Services 11:00 a.m.
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Pastor: Rev. Michael Joslin

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Morning Worship 10 AM

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Wednesday Night Bible Study
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Monday - 11:00 p.m.
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Web Page: www.foclc.org
E-mail: foclc@aol.com
Richard B. Peoples, Sr.
Senior Pastor

Sunday Services 10:30 a.m.
Sunday School/School of Life
9:00 a.m.
1st Saturday - Men's Outreach
9:00 a.m.

Rotating Fridays - Adult Single's
Outreach 7:00 p.m.
3rd Friday - Senior Adult
Fellowship (55-over) 7:00 p.m.

2nd Saturday
Women's Outreach 9:00 a.m.
3rd Saturday & 3rd Sunday
Minister's Entry Level Program
10:00 a.m. & 6:00 p.m.

Advanced School of Ministry
10 a.m. & 6 p.m.
4th Wednesday
Married Couples Bible Study
7:00 p.m.

Every Wednesday
Corporate Prayer - 6:00 p.m.
Noon Day Bible Study
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Bible Study - 7:00 p.m.
Every Saturday
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9:30-10:15 a.m. - Sunday School
10:30 a.m. Worship

2:00 p.m. Korean Full Gospel Tabernacle
6:00 p.m. Evening Worship
TUESDAY
10:00 a.m. Women's Ministries

WEDNESDAY
6:30 p.m. Bible Study, Royal Rangers
Missions, Youth, Choir
FRIDAY
12:00 p.m. Prayer, Healing,
Deliverance Service

SATURDAY
9:00 p.m. Joy Fellowship
(Women's - 2nd Saturday)
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(706) 592-9207
Rev. Moses D. Anderson, Pastor

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Sunday Worship 11:00 a.m.
Tuesday Bible Study 7:00 p.m.

Wednesday Mid-Week
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Sunday Morning Worship - 11:15 a.m.
Wednesday: Prayer & Bible Study 7 p.m.
Friday: Evangelistic Night 7:30 p.m.
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Sunday Worship 11:15 a.m.
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Feb. 26 & 27 4:30 p.m. & 7:30 p.m.
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Feb. 29 2 p.m. & 4:30 p.m.

For more information, call 791-6779 or visit www.fortgordon.com.

Tickets can be purchased at the BIG TOP entrance, Fort Gordon Federal Credit Union and Fort Gordon Dinner Theatre for \$10 for adults (ages 13 & over), \$5 for children (ages 3-12), and FREE for children under 3.

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Check out **Saturn of Augusta's BIG TENT SALE** outside the circus, February 27 & 28! Free circus ticket with a test drive during the sale!



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A Classic British Farce and Comic Masterpiece by Michael Frayn



February 13, 14, 20, 21, 26, 27 & 28
Dinner, 7 p.m. / Show, 8 p.m.

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**Call 793-8552 for reservations or visit www.fortgordon.com
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The POV Sales Lot Has Moved

The POV Sales lot is now located at 31st Street and 3rd Avenue (between Class Six and Mini-Storage). All vehicles must be registered at the Auto Service and Craft Center (Building 29300) prior to parking. All unregistered vehicles will be towed at the owner's expense. Vehicle registration, insurance and post decal are required. For additional information, call 791-2390/7256.

MINI-JOB FAIR

Army Community Service



March 3
10 a.m. - 1 p.m.
Army Reserve Center,
Building 14401

Local staffing agencies in the CSRA, schools, universities and home business consultants will be present. Open to the public! For more information, call 791-0795.

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Feb. 14, 8 a.m. - 5 p.m.

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Last 101st convoy leaves Iraq, I Corps sets flag

Pfc. Thomas Day and Sgt. Jeremy Heckler
Army News Service

NAVISTAR, Kuwait – The last 101st Airborne Division convoy rolled across the Iraqi border just before 5 a.m. Kuwaiti time this morning, leaving behind a mission that spanned almost a year.

Spc. Misael Santiago of Lawton, Okla., pulling rear convoy security with a .50-caliber machine gun, had the historical honor of being the final 101st Airborne Division (Air Assault) "Screaming Eagle" to leave Iraq by vehicle. He was part of a seven-vehicle convoy, with elements of Company D, 3-502nd Infantry Regiment, and Headquarters and Headquarters Company, Division Support Command.

"I just feel good to be almost home," Santiago said, echoing sentiments of every other troop who undertook the three-day movement from Mosul in northern Iraq to Kuwait.

A small contingent of ten 101st soldiers, assigned to Mosul Airfield, are all that remain of the 101st in Iraq. They are projected to fly directly out of the country later this month.

Last week, with hundreds of regional Iraqi leaders and coalition partners looking on, the 101st Airborne Division transferred authority and operational control of Ninewa, Irbil and Dahuk provinces to "Task Force Olympia." The ceremony Feb. 5 took place at the palace headquarters complex in northern Mosul.

The ceremony marked the culmination of several weeks of transition operations and regional handovers in Tall Afar, Qayyara and Mosul, as many units under the operational control of Task Force Olympia, including 3rd Brigade, 2nd Infantry Division (Stryker Brigade Combat Team), worked in conjunction with 101st Airborne Division Soldiers to ensure a seamless transition of authority.

On a bright February day in Mosul, the major subordinate commands of the task force from both the United States and Iraq flanked the road to the headquarters. The colors of the 101st Airborne Division stood at attention in the center of the color guard.

During the ceremony, the Screaming Eagle colors slowly dipped and Maj. Gen. David H. Petraeus, 101st commander, and Command Sgt. Maj. Marvin Hill furlled and cased the colors for their trip home to Fort Campbell, Ky.

"We have shown that there is nothing that can't be achieved when we all work together," said Petraeus. He added, "A tribute to the Iraqi security forces is that the Iraqi flag is included in the color guard, and the Iraqi national anthem was played today along with the national anthem of the United States."

As the Screaming Eagle colors departed, a covered and furlled guidon appeared and took its place in the color

guard. Brigadier Gen. Carter F. Ham, commander of Task Force Olympia, and Sgt. Maj. Patrick Pacheco uncased and unfurled the Task Force Olympia colors – the colors of I Corps – before the color-bearer raised them to the heavens.

The Task Force Olympia commander said he intends to continue the progress made by the Screaming Eagles.

"We owe you, our nation and the people of Iraq our best effort every day and that is what you shall get," said Brigadier Gen. Carter F. Ham, commander, Task Force Olympia.

Task Force Olympia is a subelement of 1st Corps headquarters based at Fort Lewis, Wash. The unit includes representatives from all three components of the U.S. Army (Active, Reserve and National Guard) as well as United States Marine Corps and Australian officers. Task Force Olympia's subordinate units include the 3rd Brigade, 2nd Infantry Division (SBCT), from Fort Lewis, four Iraqi Civil Defense Corps

battalions, three Iraq Border Police battalions and several thousand members of the Iraq Facility Protection Security Forces and will soon include an Iraq Armed Forces battalion.

The ceremony marked the first time that 1st Corps command elements have forward deployed in combat since the end of the Korean War.

Shortly after the ceremony, many Soldiers of the 101st Airborne Division boarded UH-60 Black Hawk helicopters for a short ride to Mosul Airfield, where military transport awaited for their trip back to Kuwait and eventually to Fort Campbell.

As they were leaving, the famous insignia of the 101st Airborne Division was lowered from the headquarters building and the 1st Corps unit insignia took its place, signifying a new change in command in Mosul.

(Day is a member of the 40th PAD, attached to the 101st Airborne Division, and Heckler is a member of Task Force Olympia Public Affairs.)



Photo by Spc. Jesse Artis

Brig. Gen. Carter F. Ham, commander, Task Force Olympia, and Sgt. Maj. Patrick Pacheco, unfurl the colors of 1st Corps during a ceremony held at the palace headquarters in Mosul Feb. 5.

Credit

From page 3A

If there truly is incorrect credit information on a person's credit report, consumers can dispute it with the credit reporting agency.

But Valentine warns, even though some information is removed from a person's credit history after so many years, it never truly goes away.

"It's always a part of public record," he said.

Many times the information shows up anyway, regardless of what was done to get the information removed, such as if an individual is applying for a job or attempting to buy a home.

Valentine said the best way to clean up a credit report is to help yourself.

"The first thing is to, at least once a year, get a copy of your credit report," he said. "Make sure it's accurate."

Valentine said people with good entries on their report should do their best to keep those entries in good standing by keeping an eye on them and making timely payments on those accounts.

"Once you fall behind, it becomes a record, but it's a redeemable record," added Linney.

He said consumers can request a free copy of their report from various consumer credit report companies by going on-line or looking them up in the phone book.

"Keeping those good accounts up and waiting till those old ones disappear is the only way to actually fix your credit report," said Valentine.

"One thing that does happen a lot is that things that

should have been purged because of the seven year period, are not purged," he said. "So a consumer looking at a report can say, 'This is correct, but it's outdated. Please remove it.'"

There are legitimate credit management companies out there that can assist consumers in better handling their credit, he said, and ACS is more than willing to assist any servicemember if this is an option they might want to pursue.

"Consumer credit counseling is legitimate and they do a good job," added Linney. "They are non-profit organizations."

Linney said consumer credit counseling is a good alternative to credit repair.

"The advantage of these outfits is you can use them and avoid bankruptcy which is real important to Soldiers because of the security clearance," said Linney, citing AR 600-85 which deals with Soldiers paying their debts.

He said these companies consolidate all debts for a client and negotiate with the creditors for a reduced payment the client can afford.

Linney said going this route will not eliminate derogatory entries on a person's credit report, but will keep debt collectors

from harassing clients.

Valentine added a consumer can soften the impact of a negative entry by including a victim's statement in their credit report.

A victim's statement is a short statement written in the consumer's own words that some credit reporting agencies accept, stating what circumstances (divorce, accident causing injury preventing work) contributed to the negative entries on the credit report, said Valentine.

For more information, go to www.ftc.gov, or call the JAG legal assistance office at 791-3148 or Army Community Services at 791-3579.

The Air Force Reserve salutes those who make history – yesterday, today, and tomorrow.

AIR FORCE RESERVE

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Community Events

Job fair

Army Community Service is having a Mini Job, Career and Home Business Fair from 10 a.m.-1 p.m. **March 3** at the U.S Army Reserve Center, Building 14401. The fair is open to the public. For information, call 791-0795.

Buffalo soldiers

Horseback demonstrations and the history of the Buffalo Soldiers will be presented as part of Augusta State University's ongoing celebration of Black History Month from noon-3 p.m. **Monday** in Galloway Hall and the adjacent parking lot, 2500 Walton Way.

Buffalo Soldiers, African-American cavalry and infantry regiments, not only provided protection for crews building railroads, but they also explored and mapped vast areas of the southwest and strung hundreds of miles of telegraph lines.

The demonstration is free and open to the public. For more information, call Michael Searles at 737-1709.

Masters tickets

The Directorate of Morale, Welfare and Recreation has a limited number of one-day Masters tickets available for sale for the tournament April 8-11. Only active duty military personnel assigned to Fort Gordon are eligible.

A drawing will be held March 22; winners may purchase the tickets for \$44 per ticket. Applications for the drawing are available **March 1-19** in Darling Hall, Room 260.

For information, call Pat Camacho at 791-8204/8664.

Tech show

The annual Georgia Information Technology Show will be held at the Gordon Club from 10 a.m. to 2 p.m. **Feb. 24**. This event is free to all personnel.

Major technology companies will demonstrate the latest, fastest and "best of show" computers, related hardware and accessories.

For more information call (888)282-2262, e-mail info@atc-expo.com or go to www.atc-expo.com/shows.

College registration

Paine College is having registration for Spring II 2004 **Feb. 17-19** and **March 9-11**. Late registration and add/drop is March 12-15. For information, call 793-2030 or 791-7979.

The circus is coming

The Royal Hanneford Circus will be at Fort Gordon's Barton Field **Feb. 26-29**.

Showtimes are Feb. 26-27, 4:30 and 7:30 p.m.; Feb. 28, 10:30 a.m., 2 and 7 p.m.; and Feb. 29, 2 and 4:30 p.m.

Tickets are \$10 for ages 13 and over, \$5 for ages 3-12, and free for children under 3. Tickets can be purchased at the Big Top entrance, Fort Gordon Credit Union and Fort Gordon Dinner Theatre.

Dora the Explorer

Dora the Explorer Live performs at the Bell Auditorium **March 16-17**.

Tickets range from \$14-\$37. To order, call 828-7700 or go to www.ticketmaster.com.

Allergy clinic

The Eisenhower Army Medical Center Department of Medicine will host the William E. Pierson Allergy, Asthma, and Immunology educational program **Feb. 19-20**.

EAMC was recognized as one of 16 residency programs throughout the United States to be honored.

This free two-day symposium will focus on basic allergy topics and is open to Internal Medicine and Family Practice residents, as well as primary care physicians.

For more information contact Dr. Kirk Waibel at 787-4154.

Holiday hours

The Post Exchange is open 10 a.m.-7 p.m. **Monday** for the President's Day holiday. Other hours include: PXtra 10 a.m.-5 p.m.; Gate 1 Shoppette 8 a.m.-9 p.m.; barber and beauty shop, 10 a.m.-5 p.m.; Class Six, closed.

NAACP dinner

The NAACP hosts its 29th Annual Armed Services and Veteran's Affairs Dinner June 10.

The dinner will recognize military members and Department of Defense employees nominated by the military for contributions in the areas of equal opportunity and civil rights.

Nominations are due to the Fort Gordon Equal Opportunity Office, Building 25706, Barnes Avenue by **Feb. 26**. Nominations for civilian personnel working in the Equal Employment Opportunity Program should be forwarded to the installation EEO Office in Darling Hall.

For information contact Mary Jones at 791-2014.

Car seat inspections

The Medical College of Georgia Children's Medical Center and Safe Kids of East Central Georgia are offering free child safety seat inspections from 10 a.m.-2 p.m. **Saturday** at Pontiac Master Buick GMC, 3710 Washington Rd.

The inspections are part of Child Passenger Safety Week (Feb. 9-15).

AER campaign

The annual Army Emergency Relief campaign is scheduled from **March 1** to **May 27**. The kickoff training for unit project officers is 1:30-3 p.m. Feb. 18 in Olmstead Hall.

At a minimum each brigade and battalion should appointment at least one project officer to attend this meeting. Project officers will be responsible for publicizing the AER campaign throughout their unit and ensuring each Soldier has an opportunity to contribute.

The name, rank, telephone number, e-mail address and unit of the individual(s) appointed at brigade and battalion level who will attend the kickoff training should be submitted by **Tuesday** to brinklev@gordon.army.mil or phone 791-3371.

Education fair

The Fort Gordon Education Center will host an Information Fair at 6:30 p.m. **March 11** designed for those interested in becoming teachers in Georgia. The seminar will be in Darling Hall, Room 188. For information, call 791-2000.

Separating servicemembers

Servicemembers within one year of separating or two years of projected retirement from the military may contact the Army Career and Alumni

Program for assistance. All servicemembers leaving active duty with more than 180 days of active service, must receive the congressionally mandated pre-separation counseling. This counseling must take place no later than 90 days prior to separation and covers available transition assistance services, rights and benefits. To schedule an appointment, call 791-7333, or go to www.gordon.army.mil/dhr/ACAP/acap.htm.

Mardi Gras trip

The Junior Sailor Association (Navy) is hosting a trip to Mardi Gras **Feb. 20-22**. The fee is \$250, which includes roundtrip transportation by chartered bus and a two night stay at a local Marriott hotel. A \$150 non-refundable deposit is due **today**. For information call Petty Officer Misty Rambo at 854-1482.

Women's history month

March is Women's History Month. The 2004 theme is *Women Inspiring Hope and Possibilities*. The Women's History Month command program is 1:30 p.m. **March 23** at Alexander Hall.

The guest speaker is Brig. Gen. Julia J. Cleckley, special assistant to the director, Army National Guard and the special assistant for military women for Federally Employed Women. She is the first minority woman, line officer, to rise to the rank of brigadier general in the Army National Guard.

For information, call Master Sgt. Tonja Deans at 791-2014.

Tax preparation

The Fort Gordon Tax Center offers free income tax preparation help for Soldiers, civilians and retirees.

The center is open Mondays through Fridays, 8:30 a.m.-3 p.m., through **April 15**, and is located at the Office of the Staff Judge Advocate, Building 29718, Room 118.

Military members must see their unit tax advisor first; civilians and retirees must call 791-7812/7813.

Retention team visit

The Department of the Army Mobile Retention Training Team from Fort Jackson, S.C., will conduct retention training for company and battalion level retention noncommissioned officers **Monday-Thursdays**.

The training is 8:30 a.m.-4:30 p.m. daily at the Gordon Club. Attendance is mandatory for all company and battalion reenlistment noncommissioned officers. For information, contact



respective brigade, battalion, or group career counselors. The post retention office is available for units that do not have access to a career counselor at 791-7387.

FEW training program

Federally Employed Women is holding its Southeast Regional Training program **Wednesday to Friday** at the Radisson Riverfront Hotel in Augusta.

Registration is \$125; one-day on-site training is \$65.

Topics include Violence in the Workplace, Computer Security, the ABCs of Suicide Prevention, Mentoring and Teambuilding, Re-energizing and Staying Motivated, Identity Theft, Managing Multiple Priorities, Taking Charge of Your Success, How to Avoid Abusive Tax Schemes, Your Credit, Your Career and Your Future.

Call Judy Creer at 791-5653, or e-mail creerj@gordon.army.mil.

Grants available

The Fort Gordon Officers' Wives' Club invites non-profit organizations to apply for a grant from its Welfare and Services Account. Applications must be received by **Tuesday**. To request an application, contact Jean DeLucio, OWC Welfare & Services, P. O. Box 7289, Fort Gordon, Ga., 30905, or call 792-9795.

Story hour

Woodworth Library hosts story hour each **Wednesday** from 11 a.m.-noon.

Children of active and retired military, and DoD civilians are invited to participate. The program is designed for children ages 2 through 5.

Volunteer readers are also needed for story hour. For

information, call Liz Knight or Joyce Daniels at 791-7323.

Surviving military separation

Army Community Service offers a support group for deployed Soldiers' spouses. This is an opportunity for spouses to share ideas and strategies on how to cope with stress associated with the servicemember's absence.

The class is held from 1-2:30 p.m. the first **Wednesday** of each month in Darling Hall, Room 367. For information call 791-3579/7557.

Bible study

The Fort Gordon Family Life Center presents a Bible study for adults titled *Family Life According to the Bible* from 9:30-10:30 a.m. **Sundays** at the Religious Education Center, Building 39709. Other classes are available for all ages. For information, call 791-4703.

Scholarships

The Augusta-Fort Gordon Chapter, Armed Forces Communications and Electronics Association will again award scholarships this spring to high school and college students. Applications are accepted through **March 30**.

The \$1000 scholarships are given by AFCEA to encourage the study of engineering, math and computer sciences. There is also a \$1500 and \$2000 scholarship available to top rated applicants.

To be eligible, candidates must be full-time students at accredited institutions, majoring in computer science, engineering or related field, or be an AFCEA member.

Applications and information are available on the AFCEA website at www.afcea-augusta.org.

Love the store! Love the savings!

Friday, February 13 - Sunday, February 15

If you love Goodwill, then you love the savings!

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www.goodwillworks.org

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Sports & Leisure

Sports UPDATE

Pheasant hunt

Fort Gordon Outdoor Recreation is holding a ring neck pheasant hunt from 8 a.m.-5 p.m. **Saturday** at training area 23.

Cost is \$11 for pheasants and \$4 for quail for members; nonmembers pay \$22 for pheasants and \$8 for quail.

The hunt is by reservation only. Call 791-5078 for information.

Dinner theatre

The play "Noises Off," a British "farce about a farce," is the next performance at the Fort Gordon Dinner Theatre **today, Saturday, and Feb. 20, 21, 26, 27 and 28.**

Dinner will be at 7 p.m., with the show following at 8. Tickets for the show are \$32 for civilians, \$30 for seniors ages 65 and above, retirees, Department of the Army civilians, active duty E-8 and above, \$20 for active duty E-7 and below, and \$15 for the show only. For information, call 793-8552.

Other sports news

Battalion Level Basketball - Battalions desiring to enter a team must submit their memorandum of intent by **Feb. 23.** The meeting with the coaches or a designated representative from the battalion is **Feb. 26** in the Sports Office, Bldg. 29719.

For more information about the upcoming seasons, contact Al Robinson at 791-1142 or e-mail robinsona@gordon.army.mil.

Circus scheduled

The Royal Hanneford Circus will be at Fort Gordon's Barton Field **Feb. 26-29.**

Showtimes are Feb. 26-27, 4:30 and 7:30 p.m.; Feb. 28, 10:30 a.m., 2 and 7 p.m.; and Feb. 29, 2 and 4:30 p.m.

Tickets are \$10 for ages 13 and over, \$5 for ages 3-12, and free for children under 3.

Tickets can be purchased at the Big Top entrance, Fort Gordon Credit Union and Fort Gordon Dinner Theatre.

Golf tourney

The 15th Signal Brigade is sponsoring the 2nd Annual AER Golf Tournament on **April 2.**

The four-person scramble includes a lunch buffet. Check-in starts at 10:30 a.m. The price is \$30 for GLGC members and \$40 for all others.

Complimentary beverages will be served on the course during the tournament and prizes will be awarded immediately following play.

Sign up by calling Sgt. 1st Class Thomas Millward at 791-5913 or e-mail millwart@gordon.army.mil.

Aerobics classes

Come have fun, get in shape, and feel great with Jackie, a certified NDEITA aerobic instructor.

Free aerobic classes, sponsored by the Health and Wellness Center, are held **Tuesdays and Thursdays** 4:30 p.m., at Gym 4 on Barnes Avenue.

For more information, call 787-6756.

SOCCER SHOOTOUT

Post hosts boys, girls from eight states

Denise Allen
Signal staff

Although Kristen Wyckoff has been playing soccer since she was about 7 years-old, the 13-year-old Greenbrier Middle School student has never played soccer in February.

"I lived in Michigan. You get to play soccer more here. You get to play in the winter," said Wyckoff, a member of the Augusta Arsenal Under-14 Viper soccer team, which lost in the finals of the Augusta Arsenal Spring Shootout tournament held at Fort Gordon's Barton Field Feb. 7-8.

Soccer in Michigan usually doesn't start until the spring thaw — around April.

More than 120 boys and girls soccer teams from eight states participated in the 19th annual event, said tournament director Cary Rivers.

"The furthest traveled from New Hampshire," he said.

During the weekend, the parade field was divided into 22 soccer fields, where about 240 matches took

place. All of the teams were guaranteed to play at least three games, Rivers said.

Windy conditions made for a frigid weekend, said Judy Hamelburg, who traveled from Wilmington, N.C., to watch her son, Brian, play on the U-17 Cape Fear team.

The team ended the weekend with an 0-2-1 record.

"The weather was so dreadful," she said.

The whipping wind was an enemy to her son's team, she said. The contests didn't lend themselves well to showcasing the skills on his team.

"It was who got the luckiest," she said.

It was the first trip the team had made to the tournament, she said, which is a pre-season test to gauge players' skills.

She was impressed with the installation's hospitality.

"Everyone was really nice," she said.

The spring shootout has been held at Fort Gordon for about 14 years. During its first few years, the tournament saw games scattered across the Augusta area at



Photos by Pvt. Armando Monroig

(Above) Soccer players chase after the ball during a game at Barton Field Saturday. (Below) The Blast (yellow shirts) from Hickory, N.C., defeated the North Meck Fury from Mecklenburg, N.C., 3 to 2.

schools and at the Family Y's fields on Wheeler Road.

Fort Gordon is large enough to consolidate the play, said Rivers.

The only drawback in this year's tournament, he said, was finding a unit on post to run concessions.

With the 63rd and 67th Signal Battalions deployed to Iraq, the regular units which use the event to raise money weren't available. An Air Force detachment filled the duty this year.



Cardiovascular fitness ranks No. 1 for healthy lifestyle

George Colfer
Fort Huachuca, Ariz.

Cardiovascular fitness, also known as cardiorespiratory fitness, pertains to the effectiveness of the heart, lungs and circulatory system to provide the cells of the body with the necessary substances to perform work or activity for an extended period of time.

Of the five health-related components (cardiovascular fitness, strength, muscular endurance, flexibility and body composition), CVF ranks as the top for a healthy lifestyle.

The term aerobic activity, which means "with oxygen," is the key factor for CVF. One must be able to perform continuous activity at a heart rate which allows you to sustain the activity for its duration without going into "oxygen debt," which is termed anaerobic activity. Contrasting examples would be running a five- or 10-kilometer run (aerobic) vs. a 100-meter dash (anaerobic), an all-out effort of short duration.

To benefit your heart, lungs and circulatory system, the exercise must involve large muscle groups so that the heart has to pump large quantities of blood. This makes more oxygen available to the muscles during exercise and increases their ability to use oxygen.

Activities such as brisk walking, running, bicycling, swimming, hiking, cross-country skiing, rowing,

cardiovascular machines and endurance-type games are the modes of activity to produce CVF.

The basis for cardiovascular training is the frequency, intensity and duration of the activity. The American College of Sports Medicine and Centers for Disease Control and Prevention have established guidelines and recommendations for the quality and quantity of the exercise to develop and maintain CVF.

A summary is as follows:

Physical activity of moderate intensity for as least 30 minutes per day for five days or more per week. Moderate intensity is considered activity that causes "small or moderate changes in breathing and heart rate."

Activities such as brisk walking, some types of housework and gardening and bicycling for transportation may fall into this category. A guide for moderate intensity would be

up to 60 percent of one's maximum predicted heart rate.

Physical activity of vigorous intensity for at least 20 minutes per day for three days or more a week. Vigorous intensity is considered activity that causes "vigorous or large changes in the breathing and heart rate."

Activities such as running, swimming, road or mountain biking, hiking (with climbing) and games like full-court basketball or soccer may fall into this category. A guide for vigorous intensity would be an MPH of above 60 percent to 80 percent.

To develop CVF, one must be able to sustain the activity for

the selected duration. This is referred to as your "threshold of training," which involves your training heart rate or the percentage of MPH at which you need to

train. To obtain your MPH, the simplest way is to take the number 220 minus your age. Then multiply that figure by the desired percentage. The result is your training heart rate.

Since it is quite difficult to maintain a single heart rate throughout activity, another way is to establish a target zone. This a range of the minimum to maximum for your training session. It is much easier to stay within a range and still provide the necessary work.

As you continue to improve your CVF, your training heart rate will lower and drop out of your range, even though you are exercising the same. This is a sign that your heart and vascular system have adapted to the exercise, and it is now time to increase the intensity, frequency or duration.

In other words, run faster, run further or run more days, but do not increase all three at the same time or you may become a victim of fatigue or burnout.

A suggestion is to mix or alternate aerobic activities. As an example, run two days, strength train and use a cardiomachine two days and bike or hike on a weekend day. You are accomplishing your goal with less chance of boredom or burnout.

Another factor to mention is that all activities are specific in task. One may be a highly fit swimmer, but that does not automatically guarantee success in a

different activity such as running. One needs to train for those activities necessary in your profession. All military services have a fitness or readiness test as a requirement. For example, the Army has a two-mile timed run, the Marine Corps has a three-mile timed run. To excel on a task, one must train for that task.

To maintain the training effect, exercise must be continued on a regular basis. Significant reductions in fitness levels occur within about two weeks after training stops.

The goals and physiological benefits of aerobic training for CVF are as follows:

- To lower resting heart rate;
- To increase stroke volume (amount of blood ejected per contraction by the heart);
- To lower blood pressure;
- To lower blood fat levels (cholesterol lower LDL, raise HDL);
- To lower body fat content (percent of body fat vs. lean body weight);
- To increase caloric expenditure (for weight control); and
- To maintain healthy, elastic arteries.

(Colfer holds a Ph.D. and is the retired department chair for kinesiology and health, University of Texas at San Antonio. He is a contributing writer for the Fort Huachuca Scout newspaper.)

ADVERTISING SECTION

At EASE

Events - Crossword - Kiddie Corner - Restaurant Review - Classifieds

Citizen Classified Ads

About Our Classifieds

Personal classified ads are available at a special Paid in Advance Rate. To qualify, you must use the form in this publication and mail us your ad prior to deadline with payment enclosed. Though we recommend placing your ad on the form provided, we will accept ads by phone at 706-724-2122 or 706-554-2111.

We accept MasterCard and VISA. We ask, however, that you pay promptly to avoid additional costly billings. Large type ads are available for added impact by calling our Swap & Shop advisor at 706-724-2122 or 706-554-2111.

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225 COMMUNITY EVENTS

AUGUSTA CHILDREN'S CHORALE AUDITIONS Call the ACC office at 706-826-4718 for an audition appointment and for more information.

CASA VOLUNTEER TRAINING The Court Appointed Special Advocate (CASA) Program of Child Enrichment, Inc. is looking for volunteers, 21 and older, to advocate for abused and neglected children in the juvenile court system. Volunteers need no experience and will be provided with specialized training from local professionals in the social service field. Participants will learn courtroom procedure and advocacy skills necessary to become a CASA volunteer. For more information on becoming a CASA volunteer, please call 706-737-4631.

HELP FOR ABUSED INDIVIDUALS A support group that practices anonymity in helping individuals whose life is affected or has been affected by another individual who is using or have used drugs or alcohol. For more information call 706-860-0302.

MEMBERS OF THE 8TH SIGNAL BATTALION 8th Infantry Division who were stationed at Rose Barracks, Bad Kreuznach, Germany are invited to the 2nd annual friendship reunion May 20 - 23, 2004, Augusta, GA. For additional information please visit www.8thsig.org.

290 Misc. Notices

SINGLES CRUISING FOR LOVE
Take a cruise vacation with other fun loving singles from around the country to the tropical Caribbean. Singles cruises are the best way to meet other singles while having the time of your life. You need a Single's Cruise. Reserve now for best rates and cabins. Call 866-996-1788. Visit www.fredsdream.com

TRESPASS NOTICE: All parties are warned not to hunt, fish, cut wood or timber, set fire or in any other manner trespass on the lands of Staci Kennedy, Richard B. McNeely, Jr., Summer McNeely and Richard, Sr. and Sandra McNeely. All violators will be prosecuted.

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EXPERIENCED WELDER/FITTER Apply in person at Page Welding, 327 Old Waynesboro Road, Millen, GA.

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FAIRFIELD INN Now hiring at the front desk and maintenance departments. Please apply in person at 201 Boy Scout Road, Augusta, GA.

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WANTED 1968 WAYNESBORO HIGH SCHOOL ANNUAL Good condition. \$250 or better. 1-904-379-3003.

400 Real Estate Notice

All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, or national origin, or an intention to make such preference, limitation or discrimination. The Swap & Shop will not knowingly accept any advertisement for real estate which is in violation of the law. Readers will thus be informed that all dwellings advertised in The Swap & Shop are available on an equal opportunity basis.

402 Lots & Land

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LOTS FOR SALE in Millen city limits with city water and sewage. \$200 down, \$135 monthly. 706-833-1385 or 840-2548.

MOBILE HOME LOTS located on Poole-Melton, Springhill Church Roads. No credit, owner financing. 706-863-7131.

MOBILE HOME LOTS Just outside of Waynesboro. \$500 down, \$118 monthly payments. 706-210-0448.

MOBILE HOME LOTS in Burke and Jenkins Counties. Owner financing available. 706-210-0448.

NE BURKE COUNTY 7.5 acres, wooded in hardwoods and pine. Paved road and in a great location for a home. \$19,500. www.georgiacountry.com. Brashear Realty 706-722-4308.

NE BURKE COUNTY 1.31 acres on paved road with large hardwood timber. Home or mobile home. \$7,500 cash or 10% down, 10% interest for 10 years at \$89.20 month. www.georgiacountry.com. Brashear Realty 706-722-4308.

PASTURE LAND 4.62 acres in open land. Ideal for horses or country home. \$8,500 cash or \$850 down 10% interest, 10 years for \$101.10 month. www.georgiacountry.com. Brashear Realty 706-722-4308.

ATTENTION SHORT TIMERS

Do you need a rock solid backup job plan?

NTI will train you to become a professional truck driver, heavy equipment operator, or both. Start your home study lessons now and attend 3, 4, or 6 weeks of hands-on training during leave. Training now approved for 100% Up-Front Military Tuition

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FREE SWAP & SHOP ADS MUST BE TYPED OR NEATLY PRINTED ON THIS FORM OR A CLEAR PHOTOCOPY OF THIS FORM!

Free Swap & Shop Ads are available at no charge to military, retired military, and Fort Gordon civilian employees. If you qualify, deliver this completed form to Building 29801 Nelson Hall Forms may also be mailed to Public Affairs Attention Signal Classifieds, Fort Gordon GA 30905, or faxed to 706-554-2437.

DO NOT WRITE MORE THAN ONE AD PER FORM!

For submitting more than one ad you may secure additional copies of The Signal or make clear photocopies of this form.

ONE WORD PER LINE, TYPE OR PRINT NEATLY
Classification _____

Home Phone Only _____

INFORMATION BELOW FOR OFFICIAL USE ONLY.
BE SURE TO INCLUDE HOME PHONE NUMBER, ETC. ON LINES ABOVE.

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CITY _____ STATE _____
ZIP _____ DUTY PHONE _____

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Open House Saturdays thru Feb., 2-5 p.m.
3 & 4 bedroom home. Qualify for Downpayment assistance up to \$7500. Rate 5.25 today! Va & Civilians.
Homebuyers Seminar March 20
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1007 Cedarview Circle - Country Living
4047 Indian Creek Rd. - Martinez
2004 Ashley Drive - Close to Fort
2818 Gordy Road - Augusta

LET'S TALK, MARY LEE WILLIAMS
706-294-3349
email: ac21mwilliams@comcast.net

Call Mary Lee Williams
For More Details
706-294-3349

Jeff Keller Realty

Hunter's Run
West Augusta

2515 Center West Pkwy.
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860-0734
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Spacious 2 Bedroom Townhomes
Starting at \$575/12 Month Lease
Columbia County Schools

Open House

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Cambridge - Mon.-Sat. 8:30-6; Sun. 1-6 \$119,900 - \$175,900
Pepperidge - Sun. 1-6 \$83,900 - \$107,900
Pepperidge Pointe - Sat.-Sun. 1-6 \$110,900 - \$147,900
Pinehurst - Sat. & Sun. 1-6 \$85,900 - \$115,900
Walton Hills - Sun. 1-6 \$95,900 - \$140,900

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Huge 1-2-3 Bedroom Apartments

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1 BR 850 Sq.Ft. - \$410
2 BR 950 Sq.Ft. - \$515
3 BR 1050 Sq.Ft. - \$600
3 BR - \$675 W/D Provided

Only 10 Minutes From Fort Gordon.
Convenient to shopping, dining & entertainment
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Corporate Apartments Available
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BEST DEAL IN TOWN

- Furnished Studios • Attic Storage
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Partial Furnished \$375

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FOREST RIDGE APARTMENTS

CALL ABOUT OUR SPECIALS

Ridge Crossing
402 Ridge Crossing Road, Martinez
5 Miles Straight From Gate 1
website: apartmentguide.com

TWO BEDROOM • TWO BATH DELUXE APARTMENT
\$549/Mo. - 1 Year Lease*
\$569/Mo. - 3, 6 & 9 Mo. Lease*

Features:
• Security System
• Washer/Dryer Connections
• Ceiling Fans • Plush Carpeting
• Columbia County Schools
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*Prices Subject To Change
Multi-Family Crime Free Housing Program

706-863-2048

NO DEPOSIT FOR MILITARY

402 Lots & Land

RICHMOND/BURKE COUNTY 1 to 3 acre mobile home lots. \$500 down. Some with well and septic. Owner financing. 706-592-2990, pager 706-667-3975.

THREE ACRES BURKE COUNTY Blount's Chapel Road at Highway 305 north of Vidette. \$11,700. Owner financing, \$500 down at 10% for 20 years, \$108 month. Other tracts available. Call 706-541-0018.

WEST OF WAYNESBORO 11.47 acres in pasture with some woodlands. Great for horses. \$22,940 cash or 10% down, 10% interest for 10 years at \$272.84 month. www.georgiacountry.com. Bra-shear REalty 706-722-4308.

405 Homes for Sale

JENKINS COUNTY 1,600 plus square feet, cypress ranch home, wrap around porch, hardwood floors, kitchen, dining room, living room, large fireplace, central heat and air, three bedrooms, two baths, 11.6 acres. \$122,900 or call 706-831-3110 or 982-2606.

MILLEN HOME FOR SALE 913 Progress Place. Large living room with fireplace and eat in kitchen, computer room, three bedrooms, two baths, two car garage. Located in great neighborhood. 478-982-3274.

MILLEN, NEWLY CONSTRUCTED HOUSE 340 Lee Street. For sale by builder. Three bedrooms, two full baths, large inside laundry room, central heat and air, attached garage, cement driveway, many extras. Call 478-982-5835 after 5 p.m.

THREE BEDROOMS, living room, separate dining room, large kitchen, two full baths, complete alarm system, automatic sprinkler system. 1323 Apache Trail off Willis Foreman Road. 706-772-5212.

WHEN YOU FIND YOUR DREAM HOME Get your dream loan at Fort Gordon Credit Union. 706-793-0012.

415 Mobile Homes For Sale

4806 HIGHWAY 25 NORTH Updated doublewide, one acre shaded lot, excellent condition. For more information call Mary Yelton Realty at 706-554-0340.

28X56 MOBILE HOME and three acres. Shingle roof, vinyl siding, fireplace, utility house, pool, and decks. One mile from city limits. 1-912-682-1740 or 478-982-5433.

2000 MIRAGE 24X52 Under pinned, washer and dryer, air conditioner. Must be moved. \$25,000. 706-554-0244.

415 Mobile Homes For Sale

1996 24X56 GENERAL Three bedrooms, two baths, very good condition. \$5,000 firm. 1997 Fleetwood 16x70, two bedrooms, two baths, very good condition. \$10,000 firm. 478-982-2816.

BEAUTIFUL 10 ACRES on Brier Creek. Spotless 2001 four bedroom, two bath, fireplace. All wooded with tree shaded road to creek. Located near Keysville with no close neighbors. Just \$94,500. Greg Miller 706-294-4754 Blanchard & Calhoun.

DREAM HOME 32x80, four bedrooms, three baths, with too many features to list, on five acres. As little as \$650 down and \$695 per month. 1-800-264-6359.

FACTORY DIRECT Save thousands on all Cavalier or Fleetwood Products. 1-800-264-6359.

HUGE SAVINGS We are overstocked. New Champion, Redman, Fleetwood and Cavalier homes. Doublewides starting at \$29,995. 1-800-264-6359.

TWO BEDROOM MOBILE HOME Owner financing available. 478-982-2030 or 706-455-4563.

420 Miscellaneous

GROVETOWN Columbia County investment property and commercial potential. Three mobile homes on 1/2 acre land, fenced with large storage shed, city water and sewer, tenant pays utilities, natural gas and electric. 706-863-8665.

425 Apartments For Rent

AUGUSTA AUMOND VILLA Two bedrooms, one and one half baths, 1,050 square feet. Fully equipped kitchen, carpet, drapes and blinds. Washer/dryer connection, with washer/dryer available. Large pool, Augusta's finest location, two minutes to golf course, tennis court and shopping center. 706-733-3823.

LOCATED 10 MINUTES FROM FORT GORDON Military special, \$100 off first and second month's rent. 0 Security deposit. Two bedrooms, one bath, living room, dining room, kitchen and laundry room with washer/dryer connection. 706-793-9185.

427 Commercial Rentals

FOR RENT Former St. Joseph's Home Health Care office area in the Millen Loan and Finance Corp. building. Office has 25x45 lobby area with counter and four smaller 15x20 rooms. Call 478-982-5644.

430 Condos/Townhouses

COLUMBIA COUNTY DUPLEX at 3909 Roberts Road, Martinez. Two bedrooms, 1.5 baths, fenced yard. \$579 month, plus \$579 deposit. 706-796-0268.

435 Homes For Rent

BEAUTIFUL TOWNHOUSE Two bedrooms, two baths, convenient to Fort Gordon, 120, washer/dryer connections, large attic, security system and private patio area. No pets. HOA due included in rental price. \$725 month. 706-228-4268.

HOME FOR RENT Three bedrooms, one bath, washroom, stove, refrigerator, central air, alarm, fenced corner lot off Gordon Highway. \$550 per month, \$550 deposit. 706-798-2900 pager 706-730-2900.

LIKE NEW HOME Excellent location, three bedrooms, living room, dining room, kitchen, carport. Credit check required. \$600 month. 706-554-6974.

NEAR MIDVILLE Three bedrooms, two baths, newly remodeled home, central heat and air, carport. \$525 month, plus \$525 deposit. 1-478-589-7433.

440 Mobile Homes For Rent

14X70 Three bedrooms, two full baths, stove, refrigerator, electric central air/heat, large deck on two acre lot, eight miles from Fort Gordon Gate 2. \$360 month, \$300 security deposit. No Pets. 706-556-3261.

CLEAN, NEW TWO BEDROOM 14x65 mobile homes, fully furnished, washer, dryer, central heat and air, only 3.5 miles from Gate 5. No Dogs, No Lease. \$400 per month plus deposit. Less expensive models also. 706-798-0495.*

COLUMBIA COUNTY FAMILY PARK One and two bedrooms, near Fort, \$195 to \$335. No Pets. 706-556-6943.

MOBILE HOMES FOR RENT \$300 month, plus \$300 deposit, no pets. For more information call 706-794-0147.

RICHMOND COUNTY \$275 PER MONTH, Two bedrooms, furnished, near Fort. 863-3333.

THREE BEDROOM MOBILE HOME FOR RENT East Burke County on five acres. \$600 month. Shivers Real Estate, 706-554-9953 or 833-8925.

TWO BEDROOM MOBILE HOME FOR RENT Waynesboro. Water included. Highway 56 North, Waynesboro. \$275 month. 706-577-0065.

445 Mobile Home Lots

MOBILE HOME LOTS FOR RENT \$100 month, \$100 deposit. Waynesboro area. 770-577-6407.

447 Rooms

ATTENTION OBC, ANCOC STUDENTS Room for rent, minutes from Gate 5 in Pepperidge. \$350 month plus half utilities. 706-798-8434 or 951-8524.

ATTENTION MILITARY STUDENT Room for rent. One mile from Gate 5 on Tobacco Road. \$300 month. All utilities included. 706-877-9444.

ROOMMATE WANTED \$150. Includes utilities. Grovetown. Singlewide trailer. 706-868-0632.

ROOMS FOR RENT Each with private bath. Daily/weekly. Cable TV, refrigerator, microwave. Jackson, SC. 803-471-2341 or 803-645-2581.

ROOMS FOR RENT \$125 and \$175. Utilities included, cable, phone, washer and dryer. 706-868-0632 or 651-0354.

470 Appliances

KENMORE WASHER AND WHIRLPOOL DRYER together \$60. 706-364-7177 or 799-0553.

REFRIGERATOR Runs good, 18 cubic feet, ice maker. \$150 or best offer. 706-650-8409

WASHER AND DRYER \$100. 706-651-0354 or 868-0632.

490 Auctions

NOTICE OF SALE On the 12th day of February, 2004 at 4:00 p.m. at Security Self Storage, 7th and Perry Streets, Waynesboro, Georgia, will sell by public auction to the highest bidder the personal property of: Missy Kelly, #23; Terri Habersham, #25; Willie Lee Osborne, #28; Occupants may redeem the property anytime prior to sale by satisfying the lien and the reasonable expenses incurred.

540 Furniture

BED: KING SIZE plush mattress set. Brand new in plastic. \$175. 706-533-0544.

BED: QUEEN SIZE pillowtop mattress set. New in plastic. \$150. 706-533-0544.

BEDROOM SUITE Seven piece cherry with full mattress set. \$399. Queen size \$50 extra. 706-798-9978.*

BLUE AND MAUVE flowered couch and chair. Excellent condition. \$175 or best offer. 706-547-0974.

BUSH CABINET FOR TV Wood CD holders with glass doors, set of two. Plastic CD holders. 706-650-2063.

EXECUTIVE DESK Center drawer, two drawers on each side. \$140. 706-556-1060 or 951-8188.

KING BED/QUEEN BED Kids bedroom set and desk, entertainment and arcade equipment, 20 gallon aquarium, miscellaneous household items. 706-228-4793.

MATTRESS AND BOX SPRING King size. Very good condition. \$90. Queen size mattress and box spring, \$75. 706-793-8777.

MOTEL FURNITURE FOR SALE Chairs, sofas, chair, microwave, bed spreads, pool furniture. Buy four chairs, get one chair free. Best Western Inn, 1224 N. Liberty Street, Waynesboro, GA. 12:30 to 3 p.m. No phone calls.

QUEEN MATTRESS AND BOX SPRING Headboard, bed frame in excellent condition. \$200. 706-833-8624.

TV STEREO STAND Good condition, \$30 or best offer. 706-771-7648.

WE RENT DOLLIES AND CARPET CLEANERS Also, sell wood heaters, gas heaters and kerosene heaters. Wil-son Hardware, 611 Cotton Avenue, Mil-len, GA. 912-982-1492.

550 Good Things to Eat

HOMEMADE BUTTER FOR SALE All natural, nothing added. Call Frank or Silvernette Burns at 478-763-3166 leave message and we will call back.

610 Pets & Animals

GROOMING BY APPOINTMENT! BURKE COUNTY ANIMAL HOSPITAL 554-3111

PETS ARE PEOPLE TOO! Award winning pet care in your home. Call 706-560-0002.

PITBULL TERRIER ADBA REGISTERED Five females, three weeks old. Buckskin with black mask and tab, Yellow/John/Tab bloodline. Parents on site. \$600. 706-793-4051.

630 Stereos/Radios

INFINITI FLOOR SPEAKERS \$125. 706-869-8931.

KLH CENTER CHANNEL plus pair of satellite speakers, \$25 for the three. 706-869-8931.

PIONEER POWER AMPLIFIER Stereo equalizer, double cassette deck, timer, all manuals and boxes included. 706-650-2063.

SONY FIVE CD CHARGER with re-make. \$55. 706-869-8931.

640 TV's, VCR's, Video

19" TV GOOD CONDITION \$30 or best offer. 706-771-7648.

PIONEER VIDEO EQUIPMENT Pioneer Laser Disk (over 48 movies free). Pioneer video turner. Call for price. 706-650-2063.

SONY TRINITON 25" TV with built in mini-computer. \$300. 706-650-2063.

640 TV's, VCR's, Video

VCR GOOD CONDITION \$20 or best offer. 706-771-7648.

690 YARD SALES

THREE FAMILY YARD SALE Saturday, February 14. Baby items, furniture, craft items, Christmas items, etc. 704 Porter Carswell Road, Waynesboro. Turn onto 4th Street at hospital, continue to Porter Carswell Road and then follow signs. 8 a.m. to noon. Rain or shine.

YARD SALE Saturday, February 14 Kingsridge Drive, Highway 17 North, Millen, 9-12. TV, VCR, bicycle (26"), knick knacks, dishes, clothes, miscellaneous items.

700 Miscellaneous For Sale

AFRICAN BRAIDS for express salon quality braids, cornrows and twist without high salon prices call Clarence 706-799-0453.

AQUARIUM 5 GALLON With hood and light kit, heater, gravel, cleaner and filter, like new. \$20. 706-868-6746.

AQUARIUM 30 GALLON With wood stand, includes additional five gallon aquarium, heaters and everything needed for setup, plus ornamental items. \$130. 706-868-6746.

BDU'S CLASS A'S Dress blue uniform. Excellent condition, some new. Medium regular, both summer and winter. BDU \$20 set. Class A's \$40. Dress Blues \$75. New APFT uniform, \$25. Retiring. 706-364-3441.

BOOK SCHOOL OF NATURAL HEALING \$30. 706-556-1060 or 951-8188.

CHILD CARE BOOKS Many child care teaching items. World Book of Knowledge Encyclopedia. 706-650-2063.

CHILD'S LEGO PLAY TABLE and set of Lego the Duplos. Great condition. \$15. 706-772-5771.

CLOSING LAWN BUSINESS 15' four wheel trailer with ramp and tool box, wood floor, some wood dry rotten. Frame excellent condition. \$300 or best offer. Must see. 706-793-6367.

CYBER BUCKS BOOK Make money online with CD for \$25. 706-556-1060 or 951-8188.

FIREWOOD Cut, stacked and delivered. 706-437-9210.

GAS HEATER very good condition, \$40. Kerosene heater, like new. \$65. 706-793-8777.

GERMAN ASSISTANT FOR WINDOWS \$30. 706-556-1060 or 951-8188.

GIRL'S BIKE 16", good condition. \$15. 706-772-5771.

LADIES' JEANS Used, great condition, sizes 6, 8, 9, 10, 12 and 14. \$5 each. 706-868-6746.

SANSUI SP3500 SPEAKERS Excellent condition. \$400 pair. Rollerblade Quick-release in-line skates. Size 29.0 cm/ Men's size 11. Wrist and knee guards included. Hardly used. \$75 or best offer. 706-667-8763.

SANTA MISFIT New, black leather, long jacket with belt. Size 3x. \$30. 706-736-3657.

TIME SHARE IN ORLANDO Eight days, seven nights. Call for week selection. Will let go for reasonable price. 706-650-2063.

WIDE WHEELCHAIR in very good condition. \$75. 478-982-1124.

710 Auto Parts & Accessories

SMALL PICK UP TRUCK CAB FOR SALE \$150 or best offer. 706-771-7648.

730 Automobiles

2003 DURANGO Fully loaded, 37,000 miles, excellent condition, clean. Just serviced. Take over payments. 706-592-2003.

2002 BMW 325IC Silver, black leather interior, CD rack, air, power windows, five speed, like new, 19,000 miles. \$14,900. 706-863-8412.

2002 DODGE RAM 1500 SLT Quad cab, V8, 4x4, automatic, air, power windows, doors and seat, CD cassette, running boards, 23,000 miles. Custom Huskey floor liners, bed rails/liner, remote keyless entry. Excellent condition. Must see. \$24,500 or best offer. 706-306-3328.

2001 FORD FOCUS WAGON SE Silver, CD, loaded, privacy glass, 64,000 miles, like new. \$7,995. Loren.

2000 F150 XLT FORD 5.4 V8, 77,890 miles, cruise, tilt, AM/FM cassette, power locks and windows, clean, runs great, 6 3/4 bed, emerald with gold, aluminum wheels, bedliner, new tires. \$12,500. 478-982-5932.

1998 FORD EXPEDITION tan leather interior. Six CD changer, power windows, locks, mirrors, AM/FM cassette, cruise, air bag, keyless entry. 803-279-5798.

1998 LINCOLN TOWN CAR Executive V8, 70,860 miles, wife driven, all power, leather, never wrecked or smoked in, excellent in every way. Must sell. \$12,500. 706-551-2589.

AUTO EDGE

Active Duty

E-1 & Above Active Duty Armed Force Members

- No Credit Needed • \$0 Money Down
- No Co-Signer • \$100 Cash Rebate

1996 LINCOLN TOWN CAR
Luxury for less, 76K miles. Nice highway sedan
\$0 down, 0 credit needed for
E-1 or Above



1998 OLDSMOBILE 88 LS
4 door, auto, burgundy, sacrifice.
0 credit for
E-1 or Above



1997 JEEP WRANGLER
Clean, 66K miles, 4.0L, 6 cylinder, auto, CD player, new tires, alloy wheels, soft top, new.
0 credit, \$0 down
E-4 or Above



2001 DODGE CARAVAN
7 passenger van, SE, 63k miles, excellent family vehicle
E-4 or Above



1997 CADILLAC DEVILLE
Northstar, V-8, black, 75k miles, 0 credit, \$0 down
E-4 or Above



1997 CHEVROLET TAHOE LS
72k miles, cd player, air, alloy wheels, new black leather interior, 0 credit
E-5 or Above



2000 MITSUBISHI GALANT
2.4L, 4 cylinder, auto, 68k miles, 0 credit needed
E-4 or Above



• ARMY • NAVY
• AIR FORCE • MARINES
Clean, Dependable
Late Model Cars,
Trucks & SUV's

739-0405

2338 Gordon Hwy. 1/2 Mile From Gate 1

Prior Bank Assets To Be Sold To The Public

Vehicles For \$900 and Up*

Thomson, Georgia



Government Seized and Bank Repossessed vehicles are among the most sought after bargains in the automotive industry. Every day, thousands of these vehicles are unloaded at private auctions to licensed car dealers

Normally unavailable to the public, for one week only these bargains will be made open to everyone for as long as vehicles remain.

This Thursday, February 12th through Monday, February 16th, Thomson Motor Centre will bypass the auction houses and sell directly to the public. Over 120 vehicles including lease returns, rental vehicles and dealer trades will be eliminated at thousands below normal retail prices.

Every preowned vehicle will be available for just \$99* down payment and then start making the payments. "To make the purchasing of these bargains even easier, all vehicles will be clearly marked with payments on the windshield. Just pick your vehicle, and pick your payment. You won't

find a faster, easier way to purchase a vehicle," said Billy Ciccio, Used Car Manager of Thomson Motor Centre. "Almost every type of vehicle at every price range will be available, from luxury sports cars to basic transportation, with many still under warranty"

Due to the uniqueness of this sale, representatives from several financing institutions will be available looking to finance as many people as possible. "We'll have over \$4 million in financing available for this event, so chances are we can arrange financing for just

about anyone who is employed, regardless of past credit history," said Mr. Ciccio. Trade-ins will be

accepted and will receive top dollar. Customers are encouraged to bring their title or payment book to expedite delivery.

This type of sale may never be seen again in the CSRA. Some vehicles left after this sale ends at 8:00p.m. on Monday, February 16th, will be sent to the auction houses as usual. Questions can be directed to (706) 597-0062. This sale is located at 2158 Washington Road off I-20 exit 172 in Thomson, Georgia.

NO OVERNIGHT CAMPING ALLOWED! VIOLATORS WILL BE REMOVED!

{advertorial}

730 Automobiles

1998 SUBARU FORRESTER All wheel drive, 88,000 miles with warranty bumper to bumper. Just had a full inspection. Excellent mechanical condition. \$8,995 or best offer. 706-228-4793.

1997 DODGE INTRIPID heavy miles. \$3,500 or best offer. 706-651-0921.

1993 FORD EXPLORER SPORT Five speed, needs minor work, does run. \$1,500. 4780-569-9971.

1993 MERCURY SABLE Four door, automatic, 3.8L engine, AM/FM cassette, air, trailer hitch. \$3,500. 706-738-8487.

1991 FORD THUNDERBIRD V6 Power windows and locks, cruise, tilt, AM/FM cassette, runs great. Must sell. \$2,250. 478-982-5932.

1987 JEEP GRAND WAGONEER 360, V8, automatic, 4x4, good condition. \$1,900 or best offer. 478-982-3007, 706-551-7662 cell.

1978 CHEVROLET IMPALA 706-650-2063.

A REPUTABLE AUTO DEALER to help you establish or restore your credit. E-1 and up. No money down, financing on quality automobiles. 706-733-9049 anytime. We love to lend money.

AFTER YOU FIND THE CAR YOU WANT Shop for your loan at the Fort Gordon Credit Union. 706-793-0012.

FREE CREDIT CHECK for first time military auto shoppers. We will get E1 and up financed with no money down. 706-790-8116.

M.I.L.E.S Certified Military Financing. Good deals, quality cars, Junior Enlisted welcome. 706-786-7615 ask for Ken.

ROGER FORTIER New, used cars. U.S. Army retired. 706-738-8000 ext. 358.

740 Trucks, Vans, 4WDs

2003 GMC SONOMA SLS Four cylinder, automatic, air, power steering, air bags, cruise, AM/FM/CD, alloy wheels, 8,500 miles, factory warranty. No calls after 8:30 p.m. \$11,995. 706-541-1691.

A+ AUTO AUCTION

Auction Every Friday Night at 7:00
OPEN TO THE PUBLIC
If you need to buy or sell a vehicle, trailer, motor home, or motorcycle
1461 Ellis Street, Augusta
706-826-9800
We Accept All Major Credit Cards Checks Accepted Too Cal #2968

730 Automobiles

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730 Automobiles

1987 JEEP GRAND WAGONEER 360, V8, automatic, 4x4, good condition. \$1,900 or best offer. 478-982-3007, 706-551-7662 cell.

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Spectrum

MPs learn tactics from master teacher

Sgt. Ryan Matson
Signal staff

"You come here, bald-head!"

It was the words I dreaded, because I knew there was pain soon to follow.

Let me get to the point of this story - or more specifically - the pressure point. From Jan. 26 to 30, 15 military police and myself got some expert training in the use of pressure points and defense tactics for law enforcement purposes at the Richmond County Sheriff's Office Training Center.

The main instructor was Master Giao (John) Nguyen, a sixth Dan and master of Tai Chi, Shaolin, Korean and Japanese traditional martial arts, as well as a certified law enforcement defensive tactics instructor for Richmond County. And I, more often than not, was the

training dummy, meaning I got to experience Nguyen's mastery firsthand.

Nguyen's assistant instructor for the week was W. Archer Bell, a public safety instructor with the Augusta State Medical Prison for the North Georgia Corrections Academy headquartered in Alto, Ga. Together, the pair teach law enforcement officers defensive tactics and pressure point training, or using sensitive areas throughout the body to control subjects.

The men taught Fort Gordon MPs several tactics practical to a patrolman's daily duties, as well as how to react to various emergency situations, such as encounters with perpetrators possessing a deadly weapon. The men demonstrated each maneuver, breaking them down to its simplest level, before letting the class pair off and practice them. Many of the exercises utilized pressure points, focusing on the 14 approved for use by the U.S. law enforcement in particular, spanning from a person's head to their legs.

"There are more than 200 pressure points in the human body," Nguyen explained, "and if you control one of them, you can control the entire person."

Through their demonstrations, video analysis and advice from real-life experiences, the instructors shared techniques that could one day prove lifesaving.

Nguyen knew what he was talking about. He had served as an officer in the South Vietnamese Army, fighting side-by-side with U.S. Soldiers in the Vietnam War. He completed training in the Special Forces, Airborne and Ranger schools there, and even survived a five-year stint as a prisoner of war in a Communist prison, eating only a bowl of rice with salt a day. He escaped with his two-year-old son, spending nine days tossing about the ocean in a 42-foot-long boat before being picked up by the U.S. Navy.

Later, after coming to the United States, Nguyen attended technical school and became a service manager for Richmond County Transportation and opened his own martial arts

school in 1986. Nineteen of his students graduated as black belts. He then undertook a career in law enforcement, having already experienced and survived the horrors of war and hand-to-hand combat.

"Don't look at movies, movies suck," the old man said. "They are only to impress. The real deal is very dangerous. I tell you my stories because they show you defensive tactics are not as easy as you think."

By sharing his experiences, the small, 142-pound Asian man immediately gained the young Soldiers respect and adulation.

"He's an awesome instructor, he knows his stuff," said Spc. Chris Knight.

Nguyen showed the same high degree of respect for his young pupils. He proudly displayed a letter from one

"There are more than 200 pressure points in the human body, and if you control one of them, you can control the entire person."

of his martial arts students serving in Iraq.

"I am proud of you guys, keep going, never give up," he said. "I love you all because you fight for a country which has done so

many good things for me." For Bell, teaching defensive tactics is also a very serious matter, and for good reasons.

"Our corrections officers don't have handguns, batons or pepper spray," Bell said. "Their only defense is hand-to-hand."

Still, Bell said these officers use tactics like the ones the class learned to control some of the state's most dangerous criminals everyday at the maximum security Augusta State Medical Prison.

While teaching the class subjects such as pressure point training, a system developed 22 years ago by a retired St. Louis police officer, Bell kept the class fresh by maintaining his sense of humor.

"I'm glad to be here because it got me out of prison," Bell joked when he met the class.

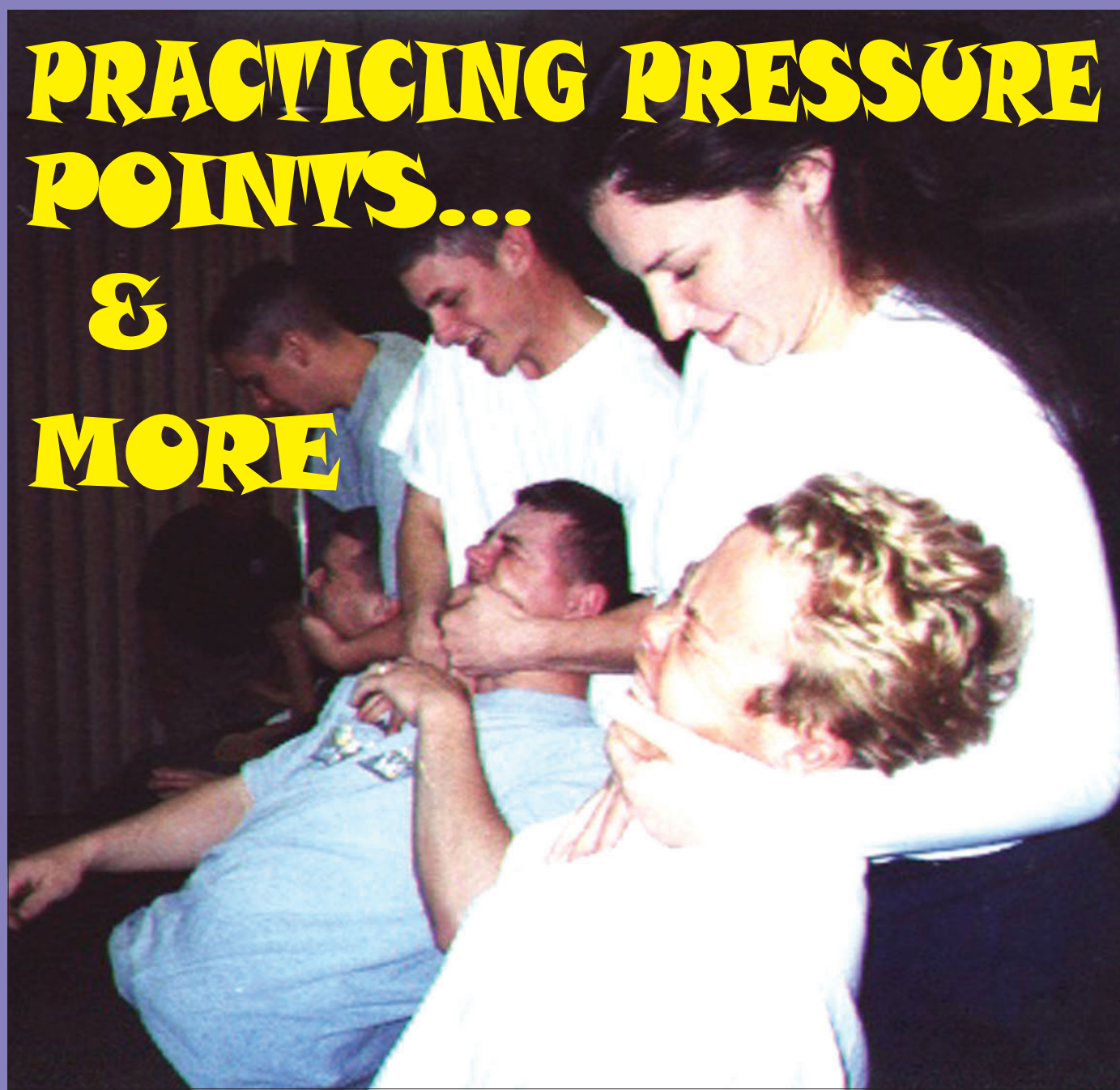
Bell began the week with a day-long lecture on the use of force and factors which must be considered when applying it, such as legal, medical and tactical factors.

Tuesday, the practical applications of pressure points and defensive tactics began with Nguyen leading the students through various measures of escorting a prisoner using joint lock control. This showed students how simply a person can be controlled using basic holds. On Wednesday, Nguyen and Bell went through the 14 emphasized pressure points from the head to the legs, teaching students how to apply pressure properly to each one before allowing them to practice on one another. In the afternoon, Nguyen showed the MPs how to dodge and disarm an attacker with a knife. He even showed the class how to fend off several attackers using one knife.

On Thursday, the MPs suited up in their belts, and made use of two of the objects contained within them - handcuffs and the ASP baton.

Archer Bell demonstrated

PRACTICING PRESSURE POINTS... & MORE



Photos by Sgt. Ryan Matson

Military police from post practice pressure point techniques that they learned during a defense tactics class held at the Richmond County Sheriff's Office Training Center from Jan. 26 to 30.



Pfc. Ryan Blough (left) practices gun tactics with classmate (right) Pfc. Matt Parker.



Master Giao Nguyen, defensive tactics instructor (left), demonstrates how to defend against a knife attack with Archer Bell (right) assistant instructor.



Bell demonstrates proper handcuffing techniques on one of the class participants.



Parker strikes a training pad with his baton.



Nguyen demonstrates a pressure point on a practice "dummy."

the ideal method for quickly cuffing a subject while keeping them in complete control using pressure points in the hands, arm bars and takedowns involving the wrist and arm.

Nguyen showed the class how to use an ASP baton more effectively.

Friday Nguyen taught the group what to do if a subject pulls within striking distance. He showed how this deadly situation can quickly be turned completely around with a few quick and easy movements. The week concluded with a 50 question test which covered all the knowledge gained throughout the week.

One of the major points Nguyen stressed during the week is that in a combat situation, it is imperative to never underestimate the

enemy. He emphasized that an MP should always control the subject, and not allow the subject to control the MP.

"Don't wait until you lose the cow to build the fence," he said.

As with any skill, Nguyen reminded the class using proper technique when practicing defensive tactics

will lead to optimum results.

"Perfect practice makes perfect," he repeated throughout the week.

Finally, the wise old teacher offered a last bit of advice to his young pupils.

"Always be strong and confident, and good luck," he said.

Spc. Sara Lee Gripper

said the knowledge she gained could make a big difference if she encountered serious trouble on patrol.

"If I ever encounter a situation, I know what to do now," she said. "I won't be scared, because now I know what to do in those situations."